

Healthy Aging Information

We have all your aging needs covered

Utilizing Technology to Adapt to Aging



As the years go by, we may realize that it is getting harder for us to hear the television, read the newspaper, walk up and down steps, get out of bed, schedule our meds, and even put on our shoes. According to the American Academy of Orthopedic Surgeons, as muscles age, they begin to shrink and lose mass, and while this is a natural process, a sedentary lifestyle can accelerate it.

As technology advances, devices and equipment to aid us in our daily lives is alleviating many of the frustrations we experience as “symptoms” of aging.

Joy Kaufman, Director of the Adaptive Living Shoppe on the Menorah Park Campus said the market continues to offer new technology, and there are various places to find what you need to help your aging body—and for your home, which includes modifications for easier access, shower bars, and lighting. We learn to adapt to our aging bones, weakening muscles, failing hearing and eyesight, issues with balance and other age-related conditions, but why not make it easier on ourselves and our loved ones? Utilize technology. Ask your doctor for recommendations for assistive devices that may help you such as:

- Phone and TV amplifiers help clarify sounds and speech
- Automated medication dispensers help you to remember
- Motion activated lighting
- Digital magnifiers, talking watches, clocks and calculators
- Bathing and dressing aids
- Adaptive kitchen utensils such silverware, knives and plates are specially made for comfort and ease

“The goal of adaptive living equipment is to increase your ability to live more independently and experience a better quality of life” according to Kaufman.

For more information, contact the Adaptive Living Shoppe at 216-450-5566, or visit the Menorah Park website at www.menorahpark.org.