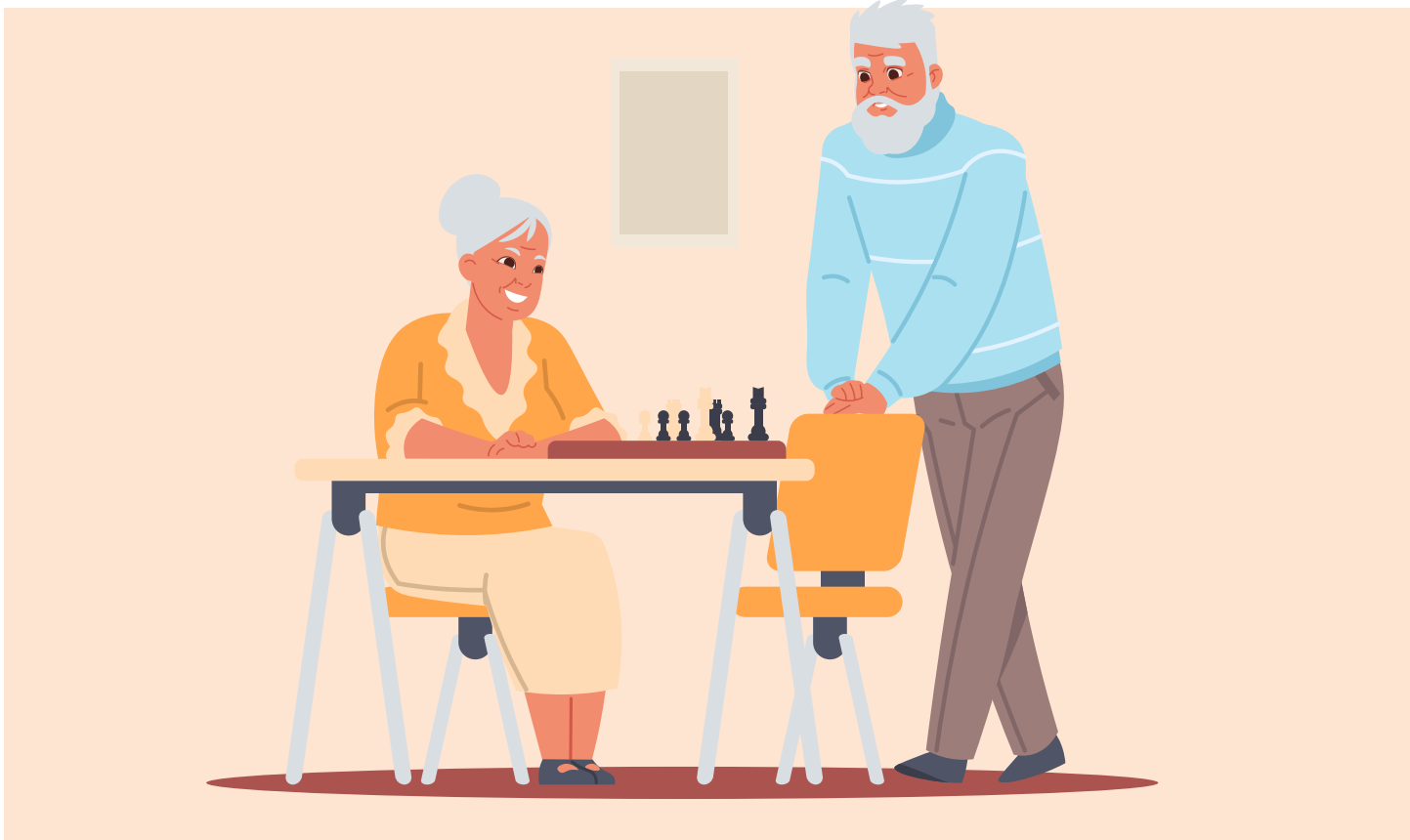




In Home Care

Tips For Healthy Aging

Laurie’s Blog

Guess what? You’re getting older. In fact we all are! Let’s embrace our aging and talk about a few things we can do to age more gracefully.

The early stages of aging are most noticeable on the surface of the skin as fine lines and wrinkles first appear. Over time there are more factors that may come into play, like memory and vision decline, and social isolation, which can lead to anxiety or depression. For those of us aged 50 and older, it’s beneficial to be aware of healthy aging practices to help us age gracefully and remain both physically and mentally strong.

Those who practice good health habits at younger ages tend to remain healthier as they age, but it’s never too late to begin leading a healthier lifestyle. According to the Mayo Clinic, less than 3% of Americans meet the basic qualifications for a “healthy lifestyle,” which includes eating a healthy diet, being active, maintaining a healthy body fat percentage, and being a nonsmoker. However, studies have shown those who begin practicing a healthier lifestyle enjoy a 40% reduction in the risk of death from any cause and a 35% lower chance of having a cardiovascular episode, like a heart attack or stroke.

Good health habits can make a significant difference even to older adults who may not have prioritized health in the past. Here are three things you may want to consider adding to your routine for keeping up with good health as you age:

Challenge Your Mental Health

As you age it’s common to see a decline in memory or mood due to many contributing factors. However, it’s possible to delay this decline by continuing to challenge your mental health. This can be done by playing games like chess, sudoku, mahjong, or cards. You can also try new hobbies that challenge both your mental and physical health like tai chi, yoga, or pilates.

It’s also beneficial to stay up-to-date with current events including news cycles and trends you may not typically follow. Greater and new areas of awareness have the ability to stimulate the mind and connect people with the world around them, which can improve memory and overall mental health.

Eyecare

Older adults who wear corrective contact lenses and/or eyeglasses should have their prescription checked annually. New lenses or glasses can provide individuals with the clearest possible vision as they age, help reduce chances of falls, and provide better clarity when they drive or engage in activities, like reading.

Likewise, adults ages 40 and older should have their eyes tested for any developing issues including glaucoma, cataracts and presbyopia, which is a refractive eye issue that makes it hard to see things up close. For all issues, early detection is key to mitigating more serious vision problems later in life.

Keep in Touch

Staying in touch with loved ones and close friends is a great way to stay connected and happy. Oftentimes, later in life it becomes easier to lose contact with family members or friends due to busy schedules or moving to different locations, which can make older adults feel isolated.

Regular socialization can also increase mental health. It’s strongly encouraged that older adults do whatever they can to keep in contact with distant loved ones, through phone calls, letters, and video chats. And whenever possible, in-person get-togethers are the most effective form of feeling connected with loved ones. Engaging in fun activities with one another, like a family vacation or hot air ballooning, can create a lasting bond, fond memories, and contribute to mental health as well.

There are plenty of aspects that contribute to healthy aging and it’s never too late to start adopting them into your routine. Start practicing healthy habits today to ensure a healthier future!

Have fun and always feel free to connect with us if you’re feeling isolated or want more ideas for healthier aging!