

# The “Almost Independent” Trap



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“Older adults with mild functional limitations are at significantly higher risk for hospitalization than those with either full independence or full support.”

## What is the “Almost Independent” Trap?

### It’s the space where a senior can still...

- Get up on their own.
- Prepare simple meals.
- Manage parts of their routine.

### But is quietly struggling with...

- Balance
- Consistency
- Energy
- Judgment

## The Hidden Adjustments Seniors Make

### To stay “independent,” many seniors quietly...

- Stop showering as often.
- Avoid stairs or certain rooms.
- Eat less complicated meals (or skip meals altogether).
- Limit movement to avoid fatigue or pain.

## Why this Stage is Dangerous

### This is when...

- Falls happen unexpectedly.
- Nutrition declines.
- Medication mistakes increase.
- Hospitalizations begin.

**Not because of one big issue, but because of a series of small compromises.**

## Reframing for Families

### Support doesn’t mean taking independence away. It means...

- ✓ Preserving energy.
- ✓ Reducing risk.
- ✓ Extending the ability to stay at home.

*The National Institute on Aging reports that subtle functional decline often goes unreported and unnoticed until a major event occurs.*

## Support before the Crisis

We step in during the “almost independent” stage when the right support can prevent the next fall, hospitalization, or setback.

# Call today to avoid a crisis tomorrow!



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