

Did you know that November is National Long-term Care Awareness Month?

This is a great time to raise awareness regarding the importance of long-term care planning.

What is long-term care? Long-term care includes a range of services to assist you when you suffer from a chronic or prolonged illness or disability (Alzheimer's, Parkinson's, stroke, cancer, accidents and much more) that leaves you unable to care for yourself for an extended period of time, and the effects to our bodies and minds of getting older.

It is not just medical care but is considered custodial care—care that is generally needed when you are unable to perform certain activities of daily living—bathing, eating, walking, getting dressed, etc. Services may be provided in nursing homes or assisted living facilities.

The need for such services may come at any age. Even younger people may need such care if faced with a debilitating disease or accident. (Current estimates are that 40 percent of those receiving long-term care services are between the ages of 18 and 64.) However, the majority of these services are provided for those age 65 or older, with the need rising significantly for people age 85 and older.

*To read the full article, contact us about an e-Subscription. 970-854-2811*

Holyoke Enterprise November 14, 2013