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NEWS YOU CAN USE

BY COMFORT KEEPERS®

In-Home Care Offers Cost-Effective Option for Aging in Place

Most families today are unaware the wealth of options available when considering care for senior loved ones. When seniors begin to demonstrate difficulty with certain daily tasks, families may automatically believe that it is time for assisted living or a nursing home. However, they may not realize exactly what that entails or that these are not necessarily the best options for every senior. [Read more...](#)

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Fast Facts

Diabetics have a greater risk of developing cardiovascular disease because of their bodies' inability to process glucose adequately. Physical activity can reduce the risk of type II diabetes even when there is no weight loss.

Staying hydrated keeps the cardiovascular system healthy. Proper hydration positively affects both blood pressure and heart rate.

In 2009, the average out-of-pocket monthly cost for a senior to age in his or her own home was \$928 versus \$5,243 for that same senior to live in an institutional setting.

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