

The top 5 challenges to living healthfully and independently at home

Do you or your family plan to live out your life in the comfort of your home?

Are you prepared to manage the five key areas of risk for maintaining independence?

- ~ Falls
- ~ Driving
- ~ Maintenance
- ~ Medication
- ~ Costs

Absent medical emergencies and progressive dementia, most people leave their homes because small challenges have created dangerous situations. Being proactive about managing these top risk areas can make the difference of staying in your home from a few extra years to the remainder of your life.

LIFE CARE ... LINK

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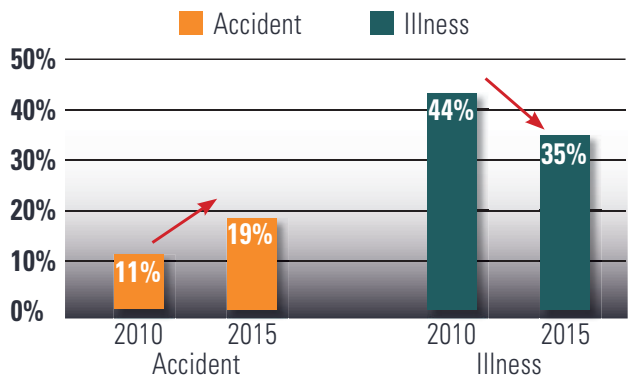
Top 5 Risks and the facts you need to know!

one in four people age 65 and older fall each year

1. FALLS

According to the CDC, one in four people age 65 and older fall each year, and falling once doubles your chances of falling again. One out of every five falls causes serious injury, such as a traumatic brain injury or a broken hip.

Reasons for needing care: less illness, more accidents



source: Genworth Beyond Dollars 2015

seniors are outliving their ability to drive safely by an average of 7 to 10 years

2. DRIVING

Driving is key to maintaining independence. However, according to AAA, seniors are outliving their ability to drive safely by an average of 7 to 10 years. And seniors drive less after dark, during rush hour or in bad weather, and avoid difficult roads such as highways and intersections.

Without transportation to grocery shop, fill prescriptions or attend favorite social outings, you can compromise your health and safety risk at home, not to mention potentially increase feelings of depression and loneliness.

about 85% of people 65 and older have not prepared their homes with conveniences for aging

3. HOME MAINTENANCE

As we age, our ability to address home maintenance becomes more challenging. We aren't as flexible, nor do we have the balance we once had, so it is not easy or safe to move heavy objects, crawl under sinks or climb up ladders. Therefore, many home maintenance items

are neglected, which can become health and safety hazards. Keeping a well maintained home is crucial, as you continue to live out your years there.

Additionally, about 85% of people 65 and older have not prepared their homes with conveniences for aging, so features such as stairs or bathtubs can become a risk. Addressing home repair and accessibility will help to avoid accidents.

people over age 65 take on average 5-6 different medications, and often need help with physician appointments

4. MEDICATION

As we age, we typically deal with at least one – and sometimes a few – chronic health conditions. In fact, according to Langone Medical Center, people over age 65 take on average 5-6 different medications.

Not only is it important to ensure you have a reliable means to refill your medications, as well as reminders to take them, but someone to help navigate doctor calls, scheduling and transportation to appointments.

the cost of 24-hour home care can run up to \$10,000 per month

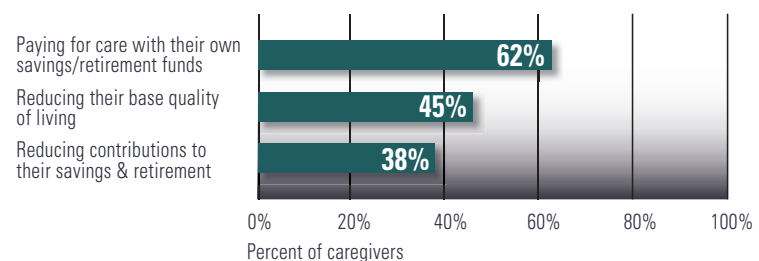
5. COST

Costs associated with long-term care are very often overlooked until it is too late. The 2016 Genworth Cost of Care survey shows that the average cost of home care in the US is about \$3,800 per month. And 24-hour home care can run as high as \$10,000 per month.

In addition, care expenses can become a burden on your children or extended family, as they provide financial assistance and/or reduce their work hours to care for you or other family members.

Managing accident risk, driving, house repair and medical organization will help you avoid or delay the high costs of in-home care or assisted living.

Caregivers often provide out-of-pocket financial assistance





Maintain your independence and peace of mind with LIFE CARE •••LINK

When you don't need in-home care or assisted living, but worry that some of life's common challenges will prevent you from living your life to the fullest, Life Care LINK™ is a low-maintenance, low-cost, reliable, secure way to get some added support to make your days go smoother and easier.

Provided by Life Care Solutions, a Care Management company which has been granting peace of mind to families for more than 20 years, LINK is a group of Care Associates who help people like you solve problems every day.

LINK provides the day-to-day support so you don't have to worry about the small details

- Arrange transportation when you need it
- Set up home deliveries or appointments
- Refer, schedule and follow up with home repair service providers
- Do all the legwork to connect you with community resources, services and benefits that can simplify your life

For one monthly fee, you can have unlimited help with:

- Scheduling a car to pick you up and take you wherever you need such as:
 - ~ Friend's House
 - ~ Community Center
 - ~ Doctor's Office
 - ~ Physical Therapy
 - ~ Classes
 - ~ Grand kids
 - ~ Movies
 - ~ Grocery Store
 - ~ Shopping
- Research and schedule reliable handymen such as:
 - ~ Plumbers
 - ~ Electricians
 - ~ Painters
 - ~ Carpenters
 - ~ Tech Support
 - ~ Lawn Mowers
- Schedule Home Therapy appointments
- Schedule Physical Therapy
- Schedule grocery delivery or meal delivery
- Providing Reminders
- Conducting wellness check-ins
- Providing a one stop shop for resource information:
 - ~ Connecting you to agencies or other health care providers
 - ~ Consult on other benefits that may be available to you

AND MORE....

For **\$74.95** per month, you will have unlimited access to our Care Associates via email and phone five days a week.

Try Link for 30 days.

If not satisfied, we'll refund your money.

Don't put your life or finances at risk, and don't compromise your independence. Let Life Care LINK™ serve as your personal assistant!

Call us at (877) 794-9582

to get more information on how we can protect and simplify your life!

Life Care LINK™ is currently only offered throughout the state of Colorado.

