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Tips to Help Your Senior Loved One Navigate Daily Activities

According to the United States Census Bureau, people age 65 and older will make up over 18 percent of the population by the year 2030. We are living longer than ever before, but this does not come without its challenges.

It is no secret that as we get older, our bodies change. Once simple tasks like moving around, getting dressed, and bathing may be more challenging to accomplish. Due to aging, many Older Americans will require assistance with daily living. This can be difficult for your aging loved one to come to terms with and they may struggle to ask for help.

The protection of your senior loved one is important to you, and to us, which is why we want to share a few tips so you can help your senior loved one navigate daily activities.

1. Identify your senior loved one's specific needs.

Every senior is different, and your senior loved one may only need help with specific tasks right now. Have an open conversation with your loved one and encourage them to share the daily tasks that he or she finds more challenging. Remember that these tasks may change over time.

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You may want to spend some time observing your loved one move around the house and perform daily tasks or arrange for a home assistance professional to monitor your loved one's functionality levels.

2. Implement a daily routine for your senior loved one.

Simple daily routines can have a significant impact on the quality of your senior loved one's life. Remember, as we age, our bodies may experience significant changes and the level of our functionality may become unpredictable. If your senior loved one's life is unstructured every day, this can cause them unnecessary stress. Having a routine can reduce stress and increase the level of security your loved one feels navigating daily activities.

3. Recognize when it is time to seek outside help.

The decision to help your aging loved one move into a nursing home or assisted living facility can be a challenging, but sometimes necessary, step. Depending on your loved one's health and level of functionality, a caregiver may be sufficient. If your loved one is regularly falling, has a health condition that is worsening, or is slow to recover from small illnesses, like a common cold, it may be time for your loved one to stop living alone.

We know that your senior loved one's independence is important to you, but helping him or her perform daily tasks can improve his or her quality of life significantly. If you are ready to discuss planning for your senior loved one's long-term care future, do not hesitate to contact our law firm to schedule a meeting with attorney Alan Hougum.

4 Safe Driving Alternatives for Aging Seniors

As adults advance in age, their physical capabilities may tend to diminish. While this is an unfortunate part of life that has the potential to eventually impact all of us, when it comes to driving, this may be of particular concern for aging seniors.

Impaired sight, hearing, and reaction time can lead to dangerous situations on the road, as can declining cognitive awareness. Unfortunately, for many seniors, driving may no longer be a safe activity.

While it may be difficult for a senior loved one to hand over his or her keys, the Older American may feel more comfortable knowing that he or she does not have to give up on his or her daily activities simply because of driving restrictions. To help your senior get around safely, let us share a few transportation alternatives for aging seniors.

1. Online Ridesharing Services

Smartphones may not be for everyone, but for those who can manage, there are an increasing number of ridesharing services available, notably Uber and Lyft. Simply download the app,



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select your desired location, and a driver will appear, often in minutes. Ridesharing services are similar to a taxi service, but in many ways cheaper and more convenient. select your desired location, and a driver will appear, often in minutes. Ridesharing services are similar to a taxi service, but in many ways cheaper and more convenient.

2. Go Go Grandparent or Arrive

If the senior you love is not comfortable with newer technology, Go Go Grandparent or Arrive, call Uber and Lyft services on his or her behalf. These services cater to the elderly to make sure they reach their chosen destinations and can send alerts to the rider's caregiver to update them on where they are and who their driver is.

3. National Volunteer Transportation Center

The National Volunteer Transportation Center is an organization dedicated to helping those who live in more rural areas and who may not have access to ridesharing apps and taxis. While not an actual transportation provider, the group provides resources for approximately 800 volunteer driving programs around the country.

4. Public Transportation

Most people are aware that public transportation is an alternative to driving, but many people do not use it. You may be surprised to learn about the full range of services that public transportation providers offer to seniors, including senior discounts and other perks. State and local governments are also increasingly investing in public transportation services, making it an even more viable option for seniors.

Helping your senior loved one stay safe while getting around is important to us. If you have any questions or need further advice on protecting the senior you love, do not hesitate to call our office.



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Attorney Alan Hougum and his compassionate team will help you protect yourself and the people you love with strategic planning strategies, such as wills, asset protection and trusts, powers of attorney, estate trusts, elder law planning, Medicaid crisis planning, Medicaid eligibility and application, probate and estate administration, avoiding probate, charitable planning and giving, special needs, and estate tax planning. Hougum Law Firm, LLC, serves the entire Wausau, Wisconsin area.

Our office is located in Wausau at
305 S. 18th Avenue, Suite 200, Wausau, Wisconsin 54401. Do you have questions you need answered before or after your appointment? Just let us know! Contact us by email at info@hougumlaw.com or call us at 715-843-5001.