

Fact Sheets for Kids - Seniors

Fact Sheets for Kids help children understand related community issues. For more fact sheets, go to www.HandsOnNetwork.org/FamilyVolunteering/ServiceLearning.



Hands On
NETWORK



Meet Bob

Bob is 88 years old. He has lived alone since his wife died five years ago. Lately, he has been having trouble making meals and walking. Because of problems with his vision, he has recently stopped driving and is no longer able to use his computer to keep up with friends and interests. His children live far away and are concerned about him.

Meet Mary

Mary is 79 years old. She has a number of medical problems, including severe arthritis. Last month, she slipped in her bathroom, fell and broke her hip. After surgery, she is in a nursing home for rehabilitation. She wonders if she will ever recover enough to go home again.

*The University of North Carolina at Chapel Hill
Center for Aging and Health*

Seniors, 65 years and older are living longer than any other time in history.

Where Seniors Live

- Seniors who are sick, chronically ill, who do not belong in a hospital but can not be cared for at home live in nursing homes.
- Seniors who are healthy but need help with medication reminders, housekeeping, transportation, and hot meals can live in assisted living facilities.
- Seniors who can care for themselves can stay in their homes or live in Independent Living Housing also called Senior Apartments or Retirement Communities.

Fact

Less than 5% of older persons above 65 years of age live in nursing homes.

Some seniors feel:

Lonely — they miss their friends and family.

Alone and Isolated — there is no one to help them or visit them—their families are far away and their friends are in other nursing homes, sick or have even passed away. And they are sometimes too shy and self-conscious to try attend activities where they could make new friends.

But...Seniors can get help — through home food deliveries, friendly visitors, and preventative health programs.

How can you help?

- **Make Good-Eat Bags**
- **Plan a fun visit at a center or home**
- **"Lend-a-Hand"- with yard clean ups & minor household repairs**