



Timely success

Home Instead Senior Care is riding a wave of success, after opening its 11th franchise in Australia and being profiled in Time magazine.

The new franchise in Ballina, will service Northern NSW.

It marks Home Instead Senior Care's first push into regional Australia – up until now all the franchises have all been located in cities or greater metropolitan areas.

Time magazine also profiled the global franchise, charting Home Instead Senior Care's rise from a small business started by Paul and Lori Hogan in Omaha Nebraska to an "international franchising dynamo" with over 850 franchises throughout the world in 16 countries, including Australia.

Yet this rapid growth has been brought about by hundreds of independent local owners and operators who have seen a need for quality care services in their community and have invested into the Home Instead Senior Care system. Staff and CAREGivers take their responsibility to provide compassionate care very personally, and make sure every client is cared for according to their individual needs.

Too Close for Comfort?

Marian Robertson, the 71-year-old mother-in-law of U.S. President Barack Obama, is now living in the White House with America's First Family. So, is this an international trend?

According to the 2006 Australian census, in 2006 93,200 households were comprised of more than one family living together. Of these 80% consisted of three generations of parents, children and grandchildren¹.

So why are families living together? Three determining factors emerged from research conducted by Home Instead Senior Care:

1. Families are coming together to share family caregiving duties — either the senior needs care or the older adult is providing care to his or her own grandchildren.
2. Seniors feel the need for the physical or emotional support of an extended family if they lose a spouse, have health issues or experience problems maintaining their property.
3. The economy is affecting the financial outlook of seniors living on fixed incomes.

If you're considering 'blending' the family generations under one roof there are some basic questions to consider.

Family carers may wonder:

Do I have the resources to take care of mum or dad or both in my home?

Is my home safe for them and, if not, what changes should be made?

How do I make sure I have time for myself?

Older adults have concerns too:

Will I lose my independence?

Is it better for me financially to remain in my own home or to move in with my family?

How should we handle utility bills?

What about living expenses?

In the end, you may decide it's best to maintain separate residences and engage a home care service instead to assist mum and dad to remain independent in their own home. Regardless of the outcome, the entire family should be involved in this decision.

Home Instead Senior Care has developed a guide to help families decide the option that's best for them. The ideas presented in the guide can offer direction and lead families to have the necessary conversations to help them make the right decision.

For more information go to homeinstead.com.au

¹ <http://www.pmc.gov.au/publications/families>



Leaving a legacy

“Legacy” may not be a word most of us use in everyday conversation, but it’s a concept people tend to give considerable thought to once they head north of their 60s and 70s. Shaping and understanding your legacy refers to sorting out what your life has meant, and what kind of memories of you are apt to live on after you die.

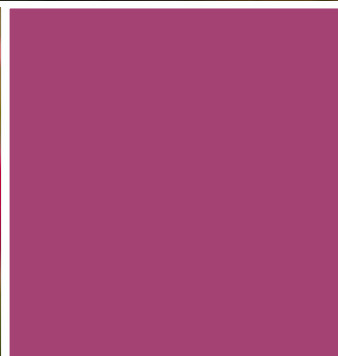
What a person learns and leaves is as individual as his fingerprints.

An analysis of research projects from Priceless Legacy, a company that turns interviews with older adults into life stories in print or video format shows that the top five life lessons shared by people ages 65 to 104 are:

1. The simple things matter most.
2. Humor and time cure most pains.
3. There’s more satisfaction in giving than getting. Service to others is the most satisfying activity.
4. Choose your spouse carefully. It will be your most important decision.
5. Work hard and in a field or role that you enjoy.

It shows that you don’t have to be a president or a superstar to leave a legacy of experience and wisdom to impart. All life experience counts, and the “ordinary” experiences seem to count most.

Source: Paula Spencer – Caring.com



Dementia Epidemic Needs to be Addressed

In 2005 Australia became the first country in the world to make dementia a National Health Priority. However, Alzheimer’s Australia claim this Dementia Initiative falls short of the action necessary to fully face the dementia epidemic which will impact Australians in the coming years. It recently commissioned a report to update the incidence and prevalence of dementia in Australia with a view to keeping the issues front of mind in all areas of our society. Some of the key issues identified are detailed below:

- There are currently around 245,000 people with dementia in Australia.
- By mid-century, we will have over 1.13 million Australians with dementia.
- Dementia is the leading single cause of disability in older Australians (aged 65 years or older) and is responsible for one year in every six years of disability burden for this group.
- Dementia will become the third greatest source of health and residential aged care spending within about two decades, and by the 2060s, spending on dementia is set to outstrip that of any other health condition.

- Dementia is the fourth most common cause of death after heart disease, stroke and lung cancer.
- The risk of dementia may be reduced by lifestyle and health behaviours but 49% of Australians do not know.

Dementia can not yet be prevented or cured, so it’s important for Australians to be made aware of what they can do to reduce their risk of developing dementia. Mind your Mind® is Alzheimer’s Australia’s dementia risk reduction program. It is designed to help reduce the risk of developing dementia and promotes a ‘brain healthy’ lifestyle. Based on scientific evidence, seven healthy lifestyle factors, referred to as Mind your Mind signposts, for dementia risk reduction have been identified. For more information about Mind your Mind and current dementia research visit the website www.alzheimers.org.au

Sources: <http://www.alzheimers.org.au>; Facing the epidemic – Alzheimer’s Australia 9/09