

Ways to Support Aging with Dignity

Celebrating Older Americans Month

Each May, we recognize Older Americans Month—a time to honor the strength, wisdom, and contributions of older adults in our lives and communities. It's also a meaningful opportunity to reflect on how we can support aging with dignity, compassion, and respect.

Here are a few simple, high-impact ways to make a difference:

- **Encourage independence whenever possible**
Even small choices can empower older adults to feel in control of their lives.
- **Make the home safer with small adjustments**
Think grab bars, better lighting, non-slip mats, or reorganizing cluttered spaces.
- **Include older adults in decision-making**
Honor their preferences when it comes to care, lifestyle, and planning.
- **Offer consistent companionship or connection**
A regular call or visit can have a big impact on emotional well-being.
- **Promote routine health checkups and mobility-friendly activities**
Encourage prevention and movement, tailored to ability and comfort.
- **Introduce support early—before a crisis arises**
Being proactive helps avoid unnecessary stress or emergency decisions later.



Refer your aging clients, their families, or other responsible parties to Arosa.

Arosa
Care Elevated

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