



Although some seniors dread the conversation about leaving home and moving to a retirement community, there are many advantages, including improved safety, transportation and the chance to make new friends.

When Is The Right Time To Leave 'Home'?

Few people like to admit their age is affecting them. However, as we age, certain abilities become compromised, and it may no longer be practical for aging men and women to remain in their homes, or at least live there alone.

Comfortable living alone may be a signal to an older adult that he or she still has independence. Taking away a license or suggesting a move may cause feelings of animosity. But at some point in time, friends or family members of an aging man or woman might need to broach the topic of moving to an assisted living facility. Such a discussion can be difficult, but having some evidence that a change is necessary may make the news easier to process. Sometimes the older adult may have already made the decision that a move is necessary, which will make the process even easier.

Moving should never be a knee-jerk reaction unless there is a sudden medical emergency that necessitates fast action. Under normal circumstances, moving should be a gradual process that begins even before a parent, grandparent or other relative really needs to change residences. Here are some steps to keep in mind.

- Make sure to develop a strong relationship with your loved one. This relationship should be consistent and keep you in frequent contact so you can best assess his or her living situation.

- Talk things over with other siblings or relatives to see if others feel the same way you do. Perhaps they have a different point of view.
- If there are problems

at home, make your case by pointing them out. Show the elder adult how day-to-day life has grown more difficult and how certain burdens may be lifted by changing living situations.

- Indicate that access to health care and a safe environment are some of the key benefits of moving to a senior community. Point out other benefits, such as companionship with similarly aged people, activities, transportation, and the presence of a maintenance staff to ensure nothing falls into disrepair.

- Do your research and have the names and amenities of different residences available to discuss. Request brochures from senior communities and offer to make trips to view the homes together with your senior relative.

- If the idea of a "home" is not what your loved one has in mind, discuss the options of moving in with a relative and if this would be a more comfortable situation.

- You may need a mediator or help with finding the right fit for a loved one. Consider hiring a geriatric care manager to help you organize your thoughts and priorities regarding a senior living transition. These individuals provide services that include helping families locate appropriate housing and care services for their loved ones.

Not every senior needs to leave home, but the topic should be broached if assistance with day-to-day activities is needed.

How To Avoid Growing Bored In Retirement

From the moment young men and women first walk into the office for their first day as a working professional until the day they officially retire, the notion of planning for retirement is never far from their minds. But when the day to hang up the briefcase and donate all those business suits arrives, some retirees wonder what to do next. Some retirees know exactly how they will spend their days when they no longer have to work, while others who decide to play it by ear may find themselves battling boredom.

For those among the latter group, it's important to understand that many retirees find themselves bored once they no longer have to focus on a career. Jobs keep men and women busy and provide a sense of purpose in their lives, so it's understandable that retirees feel bored once those jobs are no longer a part of their lives. But just because you no longer have an office to go to every day does not mean life cannot be as fulfilling or even more fulfilling than it was when you were still working. You just need to find something to avoid succumbing to retirement boredom.

- Work part-time. Though it might seem odd to start working right after you retire, a part-time job can provide the type of structure you have grown accustomed to without all of the responsibility that comes with a full-time career. Part-time jobs can range from consultancy work that makes use of your professional experience to something entirely different like landscape maintenance at a nearby golf course that gets you out of the house and enjoying the warmer seasons. Whichever you choose, make sure it's something you find fun and interesting.
- Embrace a new hobby. Working professionals often

say they wish they had time to pursue a hobby. Now that you are retired, you have all the time in the world to do just that. Whether it's perfecting your golf game, writing that novel, learning to cook like a gourmet chef or whatever else you might have always wanted to do, retirement is a great time to do it.



- Get in shape. If retirement boredom has started to negatively affect your mood, one great way to conquer your boredom and improve your mood at the same time is to start exercising. Exercise is a natural mood enhancer. When the body exercises, it releases chemicals known as endorphins, which trigger positive feelings in the body. In addition, regular exercise has been shown to reduce stress, boost self-esteem and improve sleep. Working out at a gym also is a great way to meet fellow retirees in your community, and the energy you have after exercising may give you the boost you need to pursue other hobbies.

- Volunteer. If a part-time job is not up your alley, then

consider volunteering in your community. Volunteers are always in demand, and volunteering with a local charity can provide a sense of purpose and provide opportunities to meet like-minded fellow retirees, all while helping to quell your boredom. Retirees who love to travel can combine their passion for volunteering with their love of travel by signing up to work with an international relief organization that travels abroad to help the less fortunate.

Upon retiring, many retirees initially find themselves coping with boredom. But there are many ways to avoid the restlessness of retirement.

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