

AGING **IN** PLACE TRANSITION SERVICES

We're On Your Move

Here come the Holidays! Are you making travel plans for Thanksgiving or Christmas? Making lists of things to pack, cook, buy or make? Here is another thing to add to your list: This is a great time to do a “welfare” check on your parents. I don’t mean their resources, although that is another topic to be planned for as well. This season, use your visit as a time to really observe your parents health, safety and home as they age in place. Are they still socially active? How is their driving? Does the house need maintenance or cleaning? Are they eating well and getting exercise?

Aging is different for everyone and oftentimes we don’t live near our parents as they age. A few FaceTimes or phone calls can easily hide other issues that are ongoing. Spend some time looking at their day to day lives (outside of holidays) and talking about their plans for the future. It may be a precursor to more conversations if needed, or just a way to remind you during your busy life, that they are also making good choices about their lives.



This is the time of year to be thankful and the APS Team wishes to thank our many friends and clients who have made this a great year. How are you celebrating the Thanksgiving holiday? Many Americans are rethinking about how they wish to spend the day or how they may want to change a few family traditions and even recipes. We'd like to share a article about this from our friends at Next Avenue: [Click Here](#)

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Happy Thanksgiving!