



By Sharon Drager

## **What will happen when we can no longer climb stairs or open doors in our home?**

Aging in place successfully involves anticipating whether you will be able to move freely and safely in your home. When you reach your 70s, you may not have the physical or financial capacity to make necessary changes to your home so that you can maintain independent





## Anonymous

How many times a day do we have difficulty recalling a word that's "on the tip of our tongue"? How often do we know we met someone before but can't recall their name? How often are we distracted as we pull out of the garage and can't recall if we closed the garage door automatically without thinking, or without thinking left it opened? How many miles have we covered going to other rooms for "something" to return without "it" because by the time we got there we were distracted, or just forgot why we came?

These things happened to me even when I was in my twenties. I was juggling a house and a job and kids and knew it was just that I was over-programmed.

I happened to find I didn't recall names because I rationalized names were not as important as the people attached to them and since I could recall the persons life history they shared, there was nothing wrong with my memory.

I happened to find I decided it was good exercise to needlessly run up and down the stairs and didn't worry about the distracted memory issues.

I happened to find I was quite focused on my aunt and father who were suffering from Alzheimer's disease and she stated that her mother, who died in his 60's before he was even diagnosed with Alzheimer's

<http://www.ssa.gov> or through 1.800.772.1213. If you are eligible you should receive an application from the SSA but you don't have to wait and can request it. Caregivers may apply on behalf of Medicare enrollees if they cannot file for themselves.

If you now have health benefits from a former employer you should hear about the changes

more significant. [Learn how Dr. Barry Baines, author of "Ethical Wills: Putting Your Values on Paper"](#)

