

Coping with Changes in Living Arrangements



**P. D. HINDUJA HOSPITAL
& MEDICAL RESEARCH CENTRE**

Living alone is a common situation for many older people and can present many challenges. Many older people who live alone describe feelings of loneliness and isolation. Because eating is a social activity for most people, some older people who live alone do not prepare full, balanced meals. Thus, undernutrition becomes a concern. Among people with health problems or difficulty seeing or hearing, it is all too easy for new or worsening of symptoms of disease to go unnoticed. Many older people who live alone have problems following directions for prescribed treatment. Despite these challenges and problems, most older people who live alone express a keen desire to maintain their independence. Many fear being overly dependent on others and wish to continue to live alone despite the challenges they face. Engaging in regular physical and mental activities and staying connected with others help older people who are living alone to maintain their independence.

Steps For Coping:-

1. Alternative living arrangements - if someone may be willing to move into the house of an increasingly dependent older person or adult child or family member or friend. It provides companionship and caregiving responsibilities. It is quite satisfying to all involved.
2. Many moves happen suddenly, but even a little preparation can decrease the stress of relocating. Before relocating, every person already living in that home should discuss about what to expect and how to handle problems. This can help everyone to prevent conflicts.
3. The older person moving should be acquainted with the new setting well in advance (i.e. surroundings and neighbours).
4. Older people should maintain or increase the level of physical activity to support good health.

5. Getting involved in social activities in the new environment helps to reduce stress of the move. Friends and family should be supportive and encourage involvement in activities.

To know more about Coping with Changes in Living Arrangements contact Geriatric Clinic (Clinic for the Elderly)

The Geriatric Clinic is located at
**3rd floor, Health Check Department,
Hinduja Clinic Building**

Timing - **Thursday - 9.30 am to 11.30 am**

To schedule an appointment call
39818181 or 67668181

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