

# NEWS & VIEWS FROM *Wesley Woods*

Presented by Beth Lever



## TECHNICAL ASSISTANCE AT HOME

Seniors who want to continue living independent lives at home may avail themselves of a wide array of devices that may help them to do so. Going beyond the medical alert pendants of the 1980s, newer and more advanced devices can now track an older person's movements in the home with sensors that are linked to computers that can issue necessary alerts. There are also computerized pillboxes that keep track of medication schedules. These and other devices may be of great interest to the 90% of seniors who responded to a recent AARP survey by saying that they might be willing to give up some privacy if it enables them to live in their homes longer.

As we get older, many of us are faced with the prospect of revising our living arrangements. While thinking about moving can be a source of anxiety and stress, planning ahead can give you more choices for

the future, making a big difference in your level of independence and quality of life. WESLEY WOODS OF NEWNAN-PEACHTREE CITY provides a wide range of therapies — including physical, mental, social, and recreational to help residents realize their potential for health and happiness. For more information, please call 770-683-6833. We are located at 2280 North Highway 29. *View Retirement from a New Perspective.*

*P.S. Children of seniors may also take comfort from the fact that GPS (global positioning system) technology now makes it possible to track someone with dementia who has wandered off.*



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[www.wesleywoodsnewnan.org](http://www.wesleywoodsnewnan.org)