



LIFELINE PROTECTOR

A Newsletter for Friends & Clients of Wellness Alliances



GREETINGS...

Thank you for reading our monthly newsletter! For additional information on your health and wellness visit our social media pages. Follow us on Facebook, Instagram, Twitter, and LinkedIn at Wellness Alliances. We will keep you updated on current events, your caregiving needs, health news, and tips to enhance your physical, mental, and social well-being.



QUOTE OF THE MONTH

“Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language.”

Henry James

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We're on the Web!
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HEALTHY AGING: WELLNESS IN OLDER ADULTS

In the U.S. People are Living Longer

Older adults in America are increasingly living longer. According to the CDC, by 2040, the number of older adults is expected to reach 80.8 million. By 2060, it will reach 94.7 million, and older adults will make up nearly 25% of the US population.

Aging Increases the Risk of Chronic Diseases

Chronic diseases including dementias, heart disease, type 2 diabetes, arthritis, and cancer have an increase in prevalence in older adults. Specifically, Alzheimer's, the most common type of dementia, is the 5th leading cause of death in older adults. These chronic diseases are most common in older adults 65 or older. 80% of older adults have at least one chronic health condition.

The Challenges of Caregiving

As people are living longer, birth rates are declining. The decline in birth rates brings a potential deficit of caregivers. According to the CDC, Caregivers themselves are at risk for health problems. Trends show they will be working longer hours and caring for people with more than one chronic disease. As the need for caregivers increases in older adults, it is important to promote the need for caregivers to take care of their own health, as well as those they care for. Being a caregiver is incredibly rewarding, however caregivers are at a greater risk of developing increased stress, depression, and overall worsening health. Here are a few tips caregiver should follow to remain happy and healthy: exercise, eat a well-balanced diet, keep up with family and friends, adhere to a regular sleep schedule, and take breaks/time off.

Ways to Improve the Overall Health of Older Adults (According to the CDC)

- Helping those with dementia remain active, independent, and involved in their community as long as possible.
- Providing resources to help caregivers stay healthy and deliver quality care to their care recipients.
- Promoting physical activity programs to reduce the risk of dementia and arthritis pain.
- Increasing the number of people who speak to a health care provider about their worsening memory.

Sources:

Centers for Disease Control and Prevention
<https://www.cdc.gov/grand-rounds/pp/2017/20170919-senior-aging.html>
<https://www.cdc.gov/chronicdisease/resources/publications/factsheets/promoting-health-for-older-adults.htm>

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