

wellness checks for seniors

Wellness Checks for Seniors: Ensuring Peace of Mind and Proactive Health

Are you concerned about the wellbeing of your aging parents or a beloved senior in your life? Do you wish there was a simple, effective way to ensure their safety and happiness without being constantly by their side? Then you're in the right place. This comprehensive guide explores the vital importance of wellness checks for seniors, detailing what they are, how they work, and how to choose the best option for your loved one's specific needs. We'll delve into various types of wellness checks, addressing practical considerations and ultimately empowering you to make informed decisions about senior care.

Understanding the Importance of Wellness Checks for Seniors

As we age, maintaining independence and overall wellbeing becomes increasingly challenging. Physical limitations, cognitive changes, and social isolation can significantly impact a senior's quality of life. This is where regular wellness checks become invaluable. They provide a vital safety net, offering early detection of potential health problems, preventing accidents, and fostering a sense of security and support. These checks aren't just about medical care; they're about ensuring overall happiness and promoting a fulfilling life in later years.

Types of Wellness Checks for Seniors: Finding the Right Fit

The ideal wellness check program depends heavily on the individual's needs and circumstances. There's no one-size-fits-all solution. Let's examine some key options:

1. **In-Home Wellness Checks:** These checks involve a trained professional visiting the senior's home at regular intervals. The professional assesses their physical and mental health, checks for safety hazards, ensures medication adherence, and provides companionship. This option is ideal for seniors who live alone or have limited mobility. In-home checks can be customized to suit individual needs, offering flexibility and personalized care.

1. **Technology-Based Wellness Checks:** Leveraging technology offers a modern and convenient approach. Wearable devices, such as smartwatches and fitness trackers, can monitor vital signs, activity levels, and even detect falls. Video calling allows for regular visual contact, enabling family members to check in remotely. Remote monitoring systems can alert family or caregivers to potential emergencies. This technology offers peace of mind, particularly for seniors who value their independence but require occasional monitoring.
1. **Community-Based Wellness Checks:** Many communities offer senior centers and adult day care programs that incorporate regular wellness checks. These programs provide a social environment, opportunities for physical and cognitive stimulation, and access to healthcare professionals. Community-based checks are excellent for seniors who are relatively independent but benefit from social interaction and regular health monitoring.
1. **Scheduled Check-in Calls:** Even a simple regular phone call can be a form of wellness check, particularly for seniors who are comfortable with technology. Regular contact allows for conversation, identifying any changes in mood, appetite, or daily routine. This simple approach can be incredibly effective in maintaining connection and providing early warning signs of potential issues.

Choosing the Right Provider for Wellness Checks for Seniors

Selecting the right provider for wellness checks is crucial. Consider the following factors:

Licensing and Certification: Ensure the provider is licensed and certified, adhering to relevant safety and ethical standards.

Experience and Training: Look for providers with extensive experience in senior care and specific training in recognizing signs of age-related health issues.

Background Checks: Thorough background checks are essential to guarantee the safety and security of your loved one.

Flexibility and Customization: Choose a provider that offers customizable plans to meet the individual needs of the senior.

Cost and Insurance Coverage: Investigate the cost of different options and explore whether your insurance covers any portion of the services.

Beyond the Check: Enhancing Senior Wellbeing

Wellness checks are a crucial component of comprehensive senior care, but they are only part of the equation. Remember to consider other essential aspects of maintaining a senior's wellbeing:

Nutrition and Hydration: Ensure access to nutritious meals and sufficient fluids.

Social Interaction: Encourage social engagement and opportunities for connection with friends and family.

Physical Activity: Promote regular physical activity, tailored to the individual's abilities.

Cognitive Stimulation: Engage in activities that challenge the mind and promote cognitive function.

Mental Health Support: Address mental health concerns promptly and access professional assistance when needed.

Conclusion

Wellness checks for seniors are an investment in peace of mind and proactive health management. By selecting the appropriate type of check and a reliable provider, you can significantly contribute to the safety, happiness, and overall quality of life for your loved one. Remember that regular monitoring, combined with a holistic approach to wellbeing, creates a supportive environment that empowers seniors to live their best lives, even as they age. Proactive care is crucial, and wellness checks are a critical first step in ensuring that care is provided effectively.

Frequently Asked Questions (FAQs)

1. How often should seniors have wellness checks? The frequency depends on individual needs and health conditions. Some seniors may benefit from daily checks, while others might only require weekly or monthly visits. Consult with your doctor or healthcare provider to determine the optimal schedule.
1. Are wellness checks covered by insurance? Coverage varies depending on the type of check, your insurance plan, and your location. Contact your insurance provider to inquire about potential coverage.
1. What should I expect during a wellness check? A typical wellness check involves assessing vital signs, reviewing medications, checking for

safety hazards, and engaging in conversation to assess the senior's mental and emotional state.

1. What if I can't afford professional wellness checks? Consider exploring community resources, such as senior centers or volunteer organizations, that might offer assistance or support. Family and friends can also play a crucial role in providing regular check-ins.
1. How do I find a reputable provider of wellness checks for seniors? Start by seeking recommendations from your doctor, social worker, or other healthcare professionals. You can also research online reviews and check for licensing and certifications. Never hesitate to ask potential providers detailed questions about their services, experience, and qualifications.

wellness checks for seniors: Social Isolation and Loneliness in Older Adults National Academies of Sciences, Engineering, and Medicine, Division of Behavioral and Social Sciences and Education, Health and Medicine Division, Board on Behavioral, Cognitive, and Sensory Sciences, Board on Health Sciences Policy, Committee on the Health and Medical Dimensions of Social Isolation and Loneliness in Older Adults, 2020-05-14 Social isolation and loneliness are serious yet underappreciated public health risks that affect a significant portion of the older adult population. Approximately one-quarter of community-dwelling Americans aged 65 and older are considered to be socially isolated, and a significant proportion of adults in the United States report feeling lonely. People who are 50 years of age or older are more likely to experience many of the risk factors that can cause or exacerbate social isolation or loneliness, such as living alone, the loss of family or friends, chronic illness, and sensory impairments. Over a life course, social isolation and loneliness may be episodic or chronic, depending upon an individual's circumstances and perceptions. A substantial body of evidence demonstrates that social isolation presents a major risk for premature mortality, comparable to other risk factors such as high blood pressure, smoking, or obesity. As older adults are particularly high-volume and high-frequency users of the health care system, there is an opportunity for health care professionals to identify, prevent, and mitigate the adverse health impacts of social isolation and loneliness in older adults. Social Isolation and Loneliness in Older Adults summarizes the evidence base and explores how social isolation and loneliness affect health and quality of life in adults aged 50 and older, particularly among low income, underserved, and vulnerable populations. This report makes recommendations specifically for clinical settings of health care to identify those who suffer the resultant negative health impacts of social isolation and loneliness and target interventions to improve their social conditions. Social Isolation and Loneliness in Older Adults considers clinical tools and methodologies, better education and training for the health care workforce, and dissemination and implementation that will be important for translating research into practice, especially as the evidence base for effective interventions continues to flourish.

wellness checks for seniors: Families Caring for an Aging America National Academies of

Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Care Services, Committee on Family Caregiving for Older Adults, 2016-12-08 Family caregiving affects millions of Americans every day, in all walks of life. At least 17.7 million individuals in the United States are caregivers of an older adult with a health or functional limitation. The nation's family caregivers provide the lion's share of long-term care for our older adult population. They are also central to older adults' access to and receipt of health care and community-based social services. Yet the need to recognize and support caregivers is among the least appreciated challenges facing the aging U.S. population. Families Caring for an Aging America examines the prevalence and nature of family caregiving of older adults and the available evidence on the effectiveness of programs, supports, and other interventions designed to support family caregivers. This report also assesses and recommends policies to address the needs of family caregivers and to minimize the barriers that they encounter in trying to meet the needs of older adults.

wellness checks for seniors: The Lost Art of Healing Bernard Lown, 1999-02-02 The real crisis in medicine today is not about economics, insurance, or managed care--it's about the loss of the fundamental human relationship between doctor and patient. In this wise and passionate book, one of our most eminent physicians reacquaints us with a classic notion often overlooked in modern medicine: health care with a human face, in which the time-honored art of healing guides doctors in their approach to patient care and their use of medical technology. Drawing on four decades of practice as a cardiologist and a vast knowledge of literature and medical history, Dr. Lown probes the heart and soul of the doctor-patient relationship. Insightful and accessible to all, *The Lost Art of Healing* describes how true healers use sympathetic listening and touch to hone their diagnostic skills, how language affects the perception of illness, how doctors and patients can cultivate a relationship of trust, and how patients can obtain the most complete and beneficial care through a combination of healing techniques and conventional practices. As Dr. Lown explains, the art of healing does not mean abandoning the spectacular advances of modern science, but rather incorporating them into a sensitive, humane, enlightened approach to medical care. With its urgent message and poignant, fascinating vignettes, *The Lost Art of Healing* is a book of vital, universal importance.

wellness checks for seniors: **Nursing for Wellness in Older Adults** Carol A. Miller, 2021-11-24 Grounded in the author's Functional Consequences Theory for Promoting Wellness in Older Adults, *Nursing for Wellness in Older Adults*, 9th Edition, instills a functional understanding of both the physiologic and psychosocial aspects of aging, as well as common risk factors, to prepare students for effective, wellness-oriented gerontological practice in today's changing healthcare environment. This extensively updated edition reflects the latest issues in the care of older adults and ensures an actionable understanding of culturally appropriate care, legal matters, ethical concerns, and more.

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wellness checks for seniors: *TIP 35: Enhancing Motivation for Change in Substance Use Disorder Treatment (Updated 2019)* U.S. Department of Health and Human Services, 2019-11-19 Motivation is key to substance use behavior change. Counselors can support clients' movement toward positive changes in their substance use by identifying and enhancing motivation that already exists. Motivational approaches are based on the principles of person-centered counseling. Counselors' use of empathy, not authority and power, is key to enhancing clients' motivation to change. Clients are experts in their own recovery from SUDs. Counselors should engage them in collaborative partnerships. Ambivalence about change is normal. Resistance to change is an expression of ambivalence about change, not a client trait or characteristic. Confrontational approaches increase client resistance and discord in the counseling relationship. Motivational approaches explore ambivalence in a nonjudgmental and compassionate way.

wellness checks for seniors: *Healthy Aging For Dummies* Brent Agin, Sharon Perkins,

2011-05-04 Look to this book for advice, techniques, and strategies to help people stay vigorous and healthy as they grow older. People are becoming increasingly knowledgeable about managing their health as they age. Healthy Aging For Dummies explains how people can embark on a healthy lifestyle that will enable them to feel young, both mentally and physically, even as they're getting older. It covers tips and advice on choosing the ideal physician; starting an exercise program; learning to meditate; taking the right vitamins and herbs; dealing with or preventing heart disease, cancer, and dementia; replacing negative thinking with positive thinking; and building memory and learning skills.

wellness checks for seniors: The Feeling Great! Wellness Program for Older Adults Jules C Weiss, 2014-06-17 The "Feeling Great!" Wellness Program is an inspirational book describing a successful health care program for older adults. Created for people who desire a richer life, "Feeling Great!" is a program of everyday miracles--the regaining of body strength and movement and the expanding of physical abilities. Participants learn to improve their physical, emotional, and psychological health through a comprehensive wellness program. A training manual and self-help guide, this motivational volume looks at an effective program that allows older adults to learn about their health care needs and options, practice a daily exercise program suited to their abilities, develop supportive new friendships, increase their self-esteem, and overcome barriers of ill health, poor diet, sedentary lifestyles, and physical and emotional difficulties. The "Feeling Great!" Wellness Program for Older Adults offers a comprehensive view of a quality program through the eyes of both participant and instructor. The text can be used for personal interest as well as a training manual for professionals who work with older adults. Features Offered in The "Feeling Great!" Wellness Program for Older Adults: Over 40 photographs The interaction of medication, nutrition, and exercise Attitude and exercise guidelines Liability concerns Step-by-step program description Sample health care lectures covering topics such as diet and nutrition Exercise pointers for people with arthritis Contraindicative exercises Cardiovascular fitness routines Minimizing the risks of exercise Addressing the emotional and physical fears of exercise Handling diverse abilities within a group setting Nine different exercise activity routines Relaxation techniques Sample program materials including a participant activity profile and health history

wellness checks for seniors: Patient Safety and Quality Ronda Hughes, 2008 Nurses play a vital role in improving the safety and quality of patient care -- not only in the hospital or ambulatory treatment facility, but also of community-based care and the care performed by family members. Nurses need know what proven techniques and interventions they can use to enhance patient outcomes. To address this need, the Agency for Healthcare Research and Quality (AHRQ), with additional funding from the Robert Wood Johnson Foundation, has prepared this comprehensive, 1,400-page, handbook for nurses on patient safety and quality -- Patient Safety and Quality: An Evidence-Based Handbook for Nurses. (AHRQ Publication No. 08-0043). - online AHRQ blurb, <http://www.ahrq.gov/qual/nursesfdbk/>

wellness checks for seniors: Retooling for an Aging America Institute of Medicine, Board on Health Care Services, Committee on the Future Health Care Workforce for Older Americans, 2008-08-27 As the first of the nation's 78 million baby boomers begin reaching age 65 in 2011, they will face a health care workforce that is too small and woefully unprepared to meet their specific health needs. Retooling for an Aging America calls for bold initiatives starting immediately to train all health care providers in the basics of geriatric care and to prepare family members and other informal caregivers, who currently receive little or no training in how to tend to their aging loved ones. The book also recommends that Medicare, Medicaid, and other health plans pay higher rates to boost recruitment and retention of geriatric specialists and care aides. Educators and health professional groups can use Retooling for an Aging America to institute or increase formal education and training in geriatrics. Consumer groups can use the book to advocate for improving the care for older adults. Health care professional and occupational groups can use it to improve the quality of health care jobs.

wellness checks for seniors: Rays of Sunshine Revised and Expanded Don Sucio,

2014-06-02 Rays of Sunshine Revised and Expanded is a unique collection of health facts along with a bundle of poems. This book was written to promote healthy lifestyles and habits. It offers helpful advice for people who are struggling with health problems such as obesity, diabetes, and heart disease, in order to prolong their lives and revive their over-all well-being. There is an emphasis on health tips, dietary advice, and mental health to recognize common health problems in order to restore wholeness in the readers' lives. The poetry sections encourage wholesome family relationships, inspire good moral values and entertain readers with stimulating ideas. An assemblage of spiritual poems advocates readers to establish and strengthen their relationship with God. In a world filled with danger, diseases and doubt --these poems provide comfort, reassurance and optimism to every day people. This book is important because a person's health and body are the only two things someone will have with them from the cradle to the grave. True happiness is found in positive, long-lasting relationships --not money or material things. The information and poems in this book offers readers productive possibilities to change their lives and improve their health. Like bright, shining rays of sunshine, this book is intended to restore broken relationships, repair and sustain physical, mental and spiritual health, and rouse provoking thoughts to urge readers to ponder the direction of their lives while they think of ways they can improve themselves.

wellness checks for seniors: *Choosing a Medigap Policy* ,

wellness checks for seniors: Hope for the Caregiver Peter Rosenberger, 2015-10-15 There are 65.7 million caregivers in America, making up 29 percent of the U.S. adult population. Where does the caregiver turn when dealing with their own need for encouragement and renewal?

wellness checks for seniors: **The Complete Guide to Golden Retrievers** Dr. Joanna de Klerk, 2019-02-21 Golden Retrievers are one of the most loyal and lovable breeds around, and so it is easy to see why they are so popular. They are playful and friendly, even into their golden years, and are ideal dogs for first time dog owners. This book provides all you need to know about the breed, whether you are buying a Golden Retriever for a pet, working dog, show dog or breeding dog. In The Complete Guide to Golden Retrievers you will learn everything you need to know from start to end; how to choose a puppy, training, traveling, grooming, health care and senior care. You will also learn all about the background of the breed, its history, breed pre-disposed diseases, and special traits. All the information is specific to Golden Retrievers and in easy-reading comprehensive detail. Find answers to questions like: Is a Golden Retriever the right dog for me? I brought my Golden Retriever home. What now? How can I best train my Golden? What are some common mistakes should I avoid? Whether you are a veteran Golden Retriever owner, or new to the breed, there will be something for everyone in this book. You'll find out everything you'll need to know as a new owner, including: Golden Retriever History Golden Retriever Behavior Preparations for a New Dog How to choose a Golden Retriever Training a Golden Traveling with a Golden Retriever Nutrition Dental Care Grooming Your Golden Retriever Preventative Veterinary Medicine Golden Retriever Diseases Working Breeding Golden Retrievers Showing Golden Retrievers Living with a Senior Golden Compiled by veterinarian, Dr. Jo de Klerk, the book will ensure there is nothing left for you to wonder or worry about. It will provide you with everything you need to know to help you care for, train and bond with your new lovable friend.

wellness checks for seniors: Money Smart for Older Adults Resource Guide Federal Deposit Insurance Corporation, Bureau of Consumer Financial Protection, 2019-03 This recently updated guide produced by the Bureau of Consumer Financial Protection (BCFP) and the Federal Deposit Insurance Corporation (FDIC) provides information on common frauds, scams and other forms of elder financial exploitation and suggests steps that older persons and their caregivers can take to avoid being targeted or victimized. The mission of the BCFP, a government agency, is to make markets for consumer financial products and services work for consumers by making rules more effective, by consistently and fairly enforcing those rules, and by empowering consumers to take more control over their economic lives. The FDIC is an independent agency created by the Congress to maintain stability and public confidence in the nation's financial system.

wellness checks for seniors: Match Amy S. Peele, 2021-04-13 What do politics, living donor kidney transplants, and the current opioid crisis all have in common? Sarah Golden and Jackie Larsen, best friends since nursing school, could never have imagined that they'd end up as amateur sleuths searching to find a killer—for the second time! Jackie, a stay-at-home mom with marriage troubles, is racing the clock to get her young son, Wyatt, a living kidney donor to avoid the ravages of dialysis. Sarah, who has been living her career in the fast-paced world of organ transplantation, is helping expedite Wyatt's kidney transplant. Then a much-despised hospital colleague turns up dead of an opiate overdose—despite the fact that she'd never used drugs—and Sarah smells foul play. Her curiosity and tenacity pull Jackie, once again, into a life-and-death adventure that neither woman could have expected. Armed with smarts, tenacity, big hearts, and their raucous senses of humor, the pair gets the help of a few colorful friends to pursue the killer and take on the mission in the only style they both know how: straight on and arm-in-arm as the friends they've always been.

wellness checks for seniors: Medical Implications of Elder Abuse and Neglect, An Issue of Clinics in Geriatric Medicine Lisa Gibbs, 2014-11-07 This issue of Clinics in Geriatric Medicine, devoted to Medical Implications of Elder Abuse and Neglect, is edited by Drs. Lisa Gibbs and Laura Mosqueda. Articles in this issue include: Physiology of Aging; Understanding the Medical Markers of Elder Abuse and Neglect: Physical Exam Findings; Medical Markers of Elder Abuse and Neglect: Laboratory Findings; Common Presentations of Elder Abuse in Healthcare Settings; Physical Abuse; Elder Abuse and Neglect by Others; Geriatric Sexual Abuse; Emotional Abuse in Geriatrics; Self-Neglect in Geriatrics; Capacity Assessment in Elder Abuse and Neglect; Geriatric Dementia and Abuse; Mental Health/ Psychiatric Issues in Elder Abuse and Neglect; Care of the Victim in Elder Abuse and Neglect; Prevention and Early Identification of Elder Abuse and Neglect; and Doctors Roles and Relationships with other Agencies in Elder Abuse and Neglect.

wellness checks for seniors: Older Adults and COVID-19 Edward Alan Miller, 2021-05-13 The COVID-19 pandemic has impacted the lives of people throughout the world, either directly, due to exposure to the virus, or indirectly, due to measures taken to mitigate the virus' effects. Older adults have been particularly hard hit, dying in disproportionately higher numbers, especially in long-term care facilities. Local, regional, and national government actions taken to mitigate the spread of COVID-19 have thus served, in part, to shield older adults from the virus, though not without adverse side effects, including increased social isolation, enhanced economic risk, revealed ageism, delayed medical treatment, and challenges getting basic needs met. This book explores the myriad ways in which the COVID-19 pandemic has affected older adults and their families, caregivers, and communities. It proposes policies and strategies for protecting and improving the lives of older people during the pandemic. It draws lessons for aging policy and practice more generally, given underlying challenges brought to the fore by government, provider, community, and individual responses to the pandemic. This book was originally published as a special issue of the Journal of Aging & Social Policy.

wellness checks for seniors: Storying Later Life Gary Kenyon, Ernst Bohlmeijer, William L. Randall, 2010-12-20 In its brief but vigorous history, gerontology has spawned a broadening range of specializations. One of the newest of such specializations is narrative gerontology, so named for its emphasis on the biographical, or inside, dimensions of the experience of aging. Telling stories about our world, our relationships, and ourselves is fundamental to how we make meaning. Everything from our history to our religion and our memories to our emotions is linked to the tales we tell ourselves, and others, about where we have come from and where we are going. They are central to who we are. The biographical side of human life is every bit as critical to fathom as the biological side, if we seek a more balanced, positive, and optimistic perspective on what aging is about; if we would honor the dignity and complexity, the humanity and uniqueness of the lives of older persons, no matter what their health or economic standing. In this respect, a narrative approach is particularly suited to the exploration of such topics as meaning, spirituality, and wisdom, and the connections they share. This volume reflects a selection of new directions and insights, and constitutes a general broadening and deepening of narrative gerontology, exploring its

implications for theory and research in the field of aging, and for the quality of life of older adults themselves. Such deepening indicates a greater refinement of thought, method, and intervention. The evolution of narrative gerontology is also evidenced by a significant increase in the number of faculty and graduate students engaged in research in this area, as well as by increasing collaboration among researchers, practitioners, and administrators in applying narrative insights to contexts such as long term care - indeed, healthcare in general. These initiatives have given rise to the phrase, narrative care as core care.

wellness checks for seniors: Elderly Parent Caregiver Guide HowExpert, Rebecca Rehak, 2019-08-08 Elderly Parent Caregiver 101 is the ultimate guide for adult children who are or will become their parents' caregivers. Filled with valuable information and ideas, this book offers hope, support, and plenty of practical advice for anyone caring for their elderly parents. Each chapter describes a different area of caregiving, including: • Becoming a Caregiver • Medical Providers • Facility Care • Caregiver Support • Financial Concerns • Medical Devices • Special Circumstances • End of Life As the author guides you through the maze of caregiving, she shares her knowledge as a nurse and examples from her own journey of caregiving for her elderly parents. This book defines medical terms, explains insurance options, and highlights the many tools available to caregivers. Through these topics, you'll gain the understanding needed to be a caregiver for your elderly parents. Each section offers helpful information and true insights only a caregiver can provide. The tips in every chapter are practical facts and advice for every area of your caregiving. You are not alone in your caregiving journey. Don't struggle without having the best resource for knowing everything you need to know about caring for your elderly parents. This guide is your trusted companion for that journey. About the Expert Rebecca Rehak, LPN, is a nurse, writer, and public speaker who has worked in the medical field for over 20 years, including kidney dialysis, community health, and Memory Care. As a public speaker, she helped advance programs for dialysis access care and currently teaches science camps for children. Her work has touched the lives of thousands of people. After caring for both her elderly parents, she now devotes much of her time to writing articles, blogs, and providing support for other caregivers. She and her husband live with their big, furry dog in Wisconsin. The author would like to thank the doctors and staff at Froedtert Hospital, the Medical College of Wisconsin, and Horizon Home Care and Hospice for the wonderful care they provided to both her parents. HowExpert publishes quick 'how to' guides on all topics from A to Z by everyday experts.

wellness checks for seniors: Ask a Manager Alison Green, 2018-05-01 From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review) "The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review) "I am a huge fan of Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford

professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* “Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way.”—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

wellness checks for seniors: *The Plant-Powered Dog* Diana Laverdure-Dunetz, 2023-01-24 A vegan diet for dogs?! But aren't dogs carnivores? Can dogs really get all the nutrients they need, even protein, without eating meat? Would switching my dog to a plant-based diet be too expensive to sustain? In her newest book, *The Plant-Powered Dog*, Canine Nutritionist Diana Laverdure-Dunetz, MS, along with W. Jean Dodds, DVM reference the most up-to-date scientific research to explain the detailed nutritional needs of our canine companions and explore the many benefits of switching to a plant-based diet, including increasing longevity and preventing chronic disease. It's no coincidence that staggering numbers of modern companion dogs suffer from one or more chronic inflammatory diseases. Our canine companions have fallen victim to the same lifestyle-related conditions that are skyrocketing among people living in developed societies. As a culture, we and our companion animals are overfed and undernourished, and we are all traveling down the same dangerous inflammatory path. Fortunately, we have control over dietary choices that affect health! The more research that is done in the field of epigenetics, the more we learn that a plant-based diet is superior for promoting optimum gene expression, disease prevention and longevity. The best part is that you don't have to choose between your dog's health and compassion for all animals and our planet. This book will give you a solid foundation for understanding how epigenetic factors such as the foods you put in your dog's bowl (and on your own plate) regulate gene expression to help promote either optimum health or chronic disease. *The Plant-Powered Dog* is in-depth guide that provides: • Action Steps to Ensure Success • Individual Chapters Offering Plant-Based Solutions for Chronic Diseases (including Cancer and Diabetes) • Nutrient Comparison Charts • Blank Recipe Creation Charts • Sample Recipes (with photos) • Extensive Resources and Cited Works There is just no denying it: Plant-based nutrition is not a fad, for ourselves or our canine companions. It is the healthy, sustainable diet of the future.

wellness checks for seniors: *Assessing Capacities of Older Adults* Jennifer Moye, 2020 This book demonstrates how to address practical and ethical challenges when assessing older adults with neurocognitive disorders, like dementia. Expanding on the ABA/APA's *Assessment of Older Adults with Diminished Capacity: A Handbook for Psychologists*, it explores the tension between ensuring a client's autonomy while protecting them from harm, particularly when decision-making capacity or daily living skills are impaired. Chapters cover a range of complex issues in careful detail, including financial exploitation, undue influence, sexual consent, and medical aid in dying.

wellness checks for seniors: *Encyclopedia of Wellness [3 volumes]* Sharon K. Zoumbarris, 2012-06-06 This wide-ranging encyclopedia addresses our rapidly changing understanding of health and wellness, providing a collection of essays that are up-to-date and comprehensive in both scope and breadth. *Encyclopedia of Wellness: From Açaí Berry to Yo-Yo Dieting* offers expert advice to anyone seeking information on a condition or illness. More than that, however, this three-volume resource is a compendium of practical information on how to reduce poor health choices and live a healthy, active, vibrant life. A source of basic, easily understandable entries on health and wellness, the encyclopedia covers an extraordinarily broad array of health-related topics including acupuncture, art therapy, biofeedback, food additives, nutrition labels, organic foods, and workplace wellness. Bulimia is covered, as are depression, autism, cancer, and environmental hazards. Essays examine issues related to healthy living for the mind and the body, stressing the importance of the mind-body connection to good health. Information is also offered on practical concerns such as medical savings accounts, changes in medical insurance, and the U.S. health care system. Throughout, the encyclopedia presents knowledge gleaned from new research on treatment and especially on choices in nutrition and exercise.

wellness checks for seniors: *Providing Healthy and Safe Foods As We Age* Institute of Medicine, Food and Nutrition Board, Food Forum, 2010-11-29 Does a longer life mean a healthier life? The number of adults over 65 in the United States is growing, but many may not be aware that

they are at greater risk from foodborne diseases and their nutritional needs change as they age. The IOM's Food Forum held a workshop October 29-30, 2009, to discuss food safety and nutrition concerns for older adults.

wellness checks for seniors: Old Dog Love Dr. Joanna de Klerk, 2020-03-17 Is your dog reaching his senior years? Or are you considering adopting a golden oldy? Regardless of whether you have never had an older dog before or you're a seasoned professional, this book will provide you with a helpful, go-to guide for all senior dog care information that your dog might need in their older years. With recent advances in veterinary medicine, dogs now live much longer lives, meaning that a larger proportion of your dog's life will be spent in its senior years. Older dogs need much different care to younger dogs, and are more prone to developing age-related health ailments. With this book, you will learn all about senior dog care, grooming, nutrition, exercise, health problems, the aging process, and when it's time to say goodbye, so you can give your old friend the best loving care in his twilight years. Old Dog Love has been compiled and written by veterinarian and author, Dr Jo de Klerk, who has a special interest in pain management. As a result, a large proportion of her clinical cases are aging dogs. She brings her experience into this book, giving plenty of tips and recommendations to improve your dog's quality of life and turn back the clock on your dog's age. After all, age is just a number, not a disease, so even older dogs can live a long, happy and healthy life.

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healthcare leaders, clinicians, and direct care staff. With chapters on mental health and wellness, dementia, as well as movement and speech rehabilitation, this comprehensive and friendly practice guide will help all caregivers use music therapy best practices to provide better, more fulfilling support across all senior healthcare settings.

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Quesadillas Garlic-Roasted Salmon Buttered Rum-Glazed Ham Fish Florentine Confetti Stuffed Peppers And When You're Really Desperate Southwestern Chicken on the Spot Minute Minestrone Tuna and Fusilli Alfresco Miracle Baked Pork Chops Practically Perfect Peach Crisp The dinner dilemma is solved! The Desperation ladies deserve to be stove-side in every busy home. -Nathalie Dupree, author of Nathalie Dupree Cooks Quick Meals for Busy Days

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