



Joe Steckler



### Reflections on Home

Growing up in a small Kentucky town, I remember hitching posts for horses and Civil War veterans smoking pipes and telling stories. We watched Saturday matinee cowboy shows and argued about who would be the winner in the space wars.

Times have changed in so many respects, especially the way we care for seniors. As a young man, the elderly I knew were cared for by the family. There were few assisted living facilities, and the facilities that did exist were mainly for those with dementia.

Over time, this has all changed, but has it changed for the better? The increased cost of elder care is placing new financial burdens on the state and family. Assisted living facilities today are quite elegant, but competing for Taj Mahal status has caused higher prices for families who want the best for their loved ones.

Families who need assistance frequently ask me for a recommendation. There are several important considerations:

1. Visit the facility at various times to see the level of care.
2. Ask residents if the soup is hot when served and other such questions.
3. Do residents appear happy?

If you have placed a loved one, the above factors still apply, as well as additional questions. Are residents turned to prevent bed sores? How attentive is the staff? I think you get the picture – monitoring care is an ongoing process.

Where you live, what you do, and your level of activity will all end one day. Enjoy what you have, what you do, and where you live to the best of your ability. The love you leave for your family and friends trumps all.

Contact Helping Seniors at 321-473-7770, at [www.HelpingSeniorsofBrevard.org](http://www.HelpingSeniorsofBrevard.org), or P.O. Box 372936, Satellite Beach, FL 32937.

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