

A Ticket to Old Age

According to the U.S. Census Bureau, there were approximately 760,075 persons aged sixty (60) years or older in Puerto Rico in 2010, which accounted for 20.4% of the population. The trend is for this population group to continue growing in the next decades.

This aging of the population is attributed to an increase in life expectancy, a decline in the number of births, and the most influential factor: the outward migration of young people. Senior citizens in Puerto Rico will be better educated, will be part of a more diverse population, will face a greater number of chronic diseases, and will have fewer support networks.

For this reason, it is important that we all prepare for this journey towards old age, which should be a well-planned one. This way, we will be able to lead a full life at an older age.

The Road to Old Age...



move through childhood, puberty, and adulthood, and which declines through middle age and old age.

What is aging?

It is a process of gradual and spontaneous change that leads to maturity as we

Characteristics of the Aging Process

- Universal- we all go through this process
- Individual – the speed of functional decline varies from person to person
- Continuous – takes place during all stages of growth and development
- Irreversible – cannot be stopped or reversed

Changes of the Aging Process

- Biological Changes
- Psychological Changes
- Social Changes
- Economic Changes



What can we expect on our road to old age?

Aging with dignity and independence is the ability to lead a full life in your own home, regardless of your age, health condition, or disability, and retaining self-reliance as long as possible. Below are some important points to consider in order to help you create a plan to prepare for old age.

Supporting Resources

Evaluate who your supporting resources are and what is your level of communication, trust, or closeness to them. These can include family members, friends, neighbors, workmates, etc. Make a list of these persons with their phone

Health

Planning for the future can be a different experience for each person, depending on their personal circumstances. Being healthy not only includes your physical health, but also your emotional health. They can interfere with your ability to perform the activities of daily living (ADL) by yourself, as you are used to.

Even if you are a healthy person and do not suffer from any chronic or debilitating condition, it is important that you start talking to your family and friends, your primary healthcare provider, a social or psychological services professional, and any legal and financial advisors about what your wishes are and what is important to you in the event of a health crisis. By means of a legal document known as a Durable Power of Attorney for Healthcare Decisions, you may appoint a person whom you trust to make healthcare decisions on your behalf, if necessary.

Financial Aspects

The problem faced many people is that they do not plan their finances and do not save money, and if they do, it is only until they reach their retirement age. Planning for retirement is not enough. One of the available options is to create a fund for old age that will allow you to receive a monthly income during that stage of your life. There is the classic savings account, or you could seek advice from a specialist to make investments that will help you grow your capital and get higher returns. When considering these alternatives, make sure that your financial advisor is backed by a serious and responsible financial consulting firm.

Housing

Analyze your current home and think whether it is the best place for you as time goes by. There could be some hazards, like poor illumination, architectural barriers, or narrow entrances that, if corrected, would provide better access and facilitate ambulation around the house. Think about the size of your house and how much maintenance it needs, as well as any changes or improvements that could be made in order to adapt your home to your changing needs.

You should also consider the possibility of living with relatives or friends in case that you need assistance, or to move to a smaller home that is closer to medical resources, businesses, family, etc.

Recreation

Be aware of the importance of planning to share special moments with your family,

engaging in leisure or personal enjoyment activities and spending time with your friends.

You should also take time to participate in activities that will contribute to your personal growth. Take some time every day to care for your most valuable treasure: yourself. It is important to exercise, whether it is recommended by your doctor or on your own initiative. An exercise routine will help you reduce your anxiety and depression levels, increase your functionality, promote self-confidence, relieve pain and improve muscle tone, build your self-esteem, and improve your quality of life.

Remember that the aging process is a natural process we all must go through until we reach old age.

Counseling Hotline

787-977-8022 · 1-888-359-7777

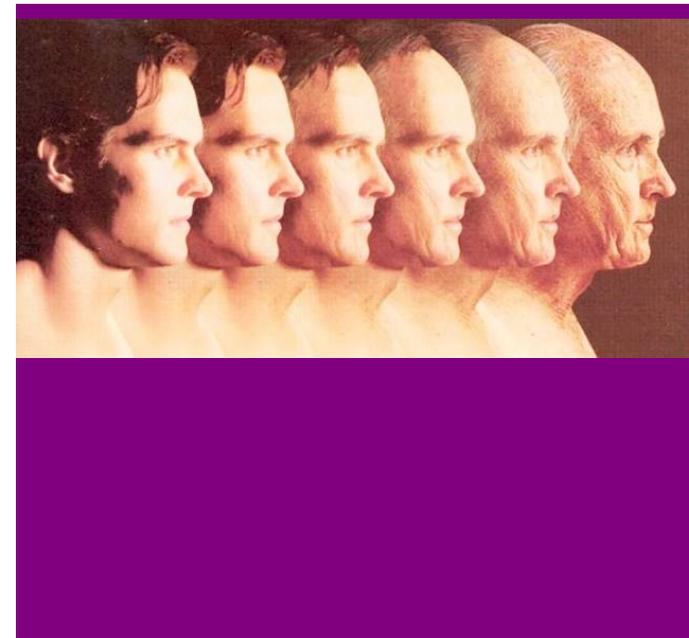
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