



## 5 Senior Resources Not to Miss

Navigating the senior care landscape can be overwhelming, to say the least. Not only are you juggling an aging loved one with sometimes complex and chronic medical issues, you also are dealing with emotionally charged issues ranging from Power of Attorney and Do Not Resuscitate orders to Medicare questions. It's a lot to take in, but educating yourself about the issues at hand is a wonderful way to advocate for your loved one during this time of life.

Fortunately, you do not have to figure out specific answers on your own. Your neighborhood – near and far – is chock full of professionals and resources to answer your questions or get you pointed in the right direction. Unsure of where to start? Check out our top five.



### ***Your Geriatrician's Office***

When looking for answers to medical questions, head straight to your geriatrician's office. Not only does your doctor know best, but the office staff there can direct you to educational materials about a newly diagnosed condition, support groups in your area, referrals to other specialists or therapists, as well as medication questions. Don't be afraid to call the office to leave a message for the nurse or doctor, or to utilize

email or even online patient health portals to get your questions answered.

### ***Your Local Senior Center***

Local senior centers are a great stop when searching for answers to senior specific questions. Sometimes run through the park district or city, these senior centers are treasure troves for educational presentations on everything from secondary insurance questions to wellness programs like cooking for one. In addition, most senior centers host social events and luncheons which are a wonderful way to meet peers and get some healthy socialization.

### ***The Library***

Whether you take advantage of books on the stacks or presentations offered, the library is a sometimes untapped resource. Some libraries even offer sponsored trips that are

cost effective and fun, along with classes that range from Medicare Part D to learning new hobbies.

### ***Your Financial Planner***

Make an appointment with your trusted financial planner to set you up with advice on how to manage your loved one's funds and estate. Most financial planners are well versed in talking clients through legal forms such as Power of Attorney, and can offer advice on making (or updating wills). Ask how to pay for any long term care plans, as well as when to dip into that retirement fund. Your financial planner will be able to offer time tested advice, or point you in the direction of someone else who can.

### ***Our Online Family Resource Center***

Finally, if you are looking for education about senior conditions, concerning issues, or how to choose appropriate help, dive into our online [Family Resource Center](#). It's free and you can find plenty of insightful articles, caregiver tips and other important resources to guide you through.

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