

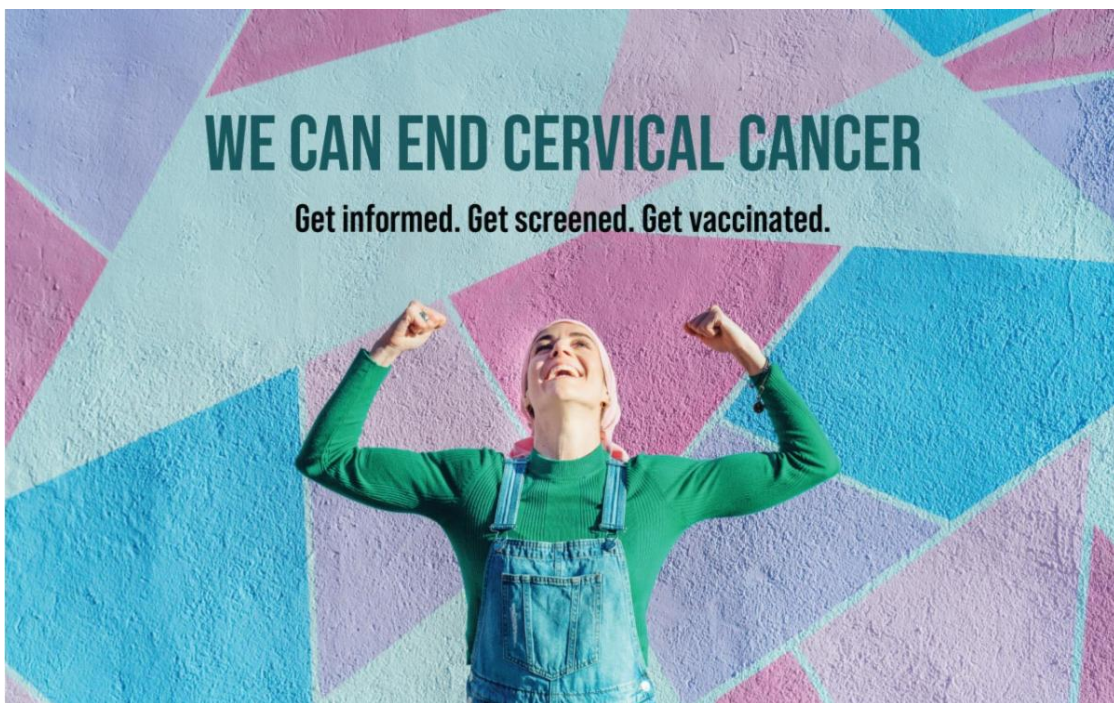


About Us



Our Services

January is Cervical Cancer Awareness Month



Cervical cancer develops in a woman's cervix (the entrance to the uterus from the vagina). Almost all cervical cancer cases (99%) are linked to infection with high risk human papillomavirus (HPV), an extremely common virus transmitted through sexual contact. Although most infections with HPV resolve spontaneously and cause no symptoms, persistent infection can cause cervical cancer in women.

Cervical cancer is the 6th most common cancer in women in the Eastern Mediterranean Region. In 2020, an estimated 89,800 women were diagnosed with cervical cancer in the Region and more than 47,500 women died from the disease.

January is Cervical Cancer Awareness Month. It is a perfect opportunity for WHO and partners to raise awareness about cervical cancer and HPV vaccination. This year, we are focusing on ending cervical cancer within a few generations as the theme for Cervical Cancer Awareness Month.

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Geriatric Care
Management
and Coordination ...
Compassion knowledge
and concrete advice for
the **WHOLE** family



Age Magnificently with the Help of a Geriatric Care Manager

Geriatric care managers help families map the coming changes and explore the options before they are even needed.

It can happen in an instant. One day your dad is living on his own, independent and mostly healthy despite advancing age. The next he's in bed with a broken something, dependent on his grown children and forced to move into a long-term care facility because you don't have time to research alternatives. I'm not exaggerating when I say I've seen it happen hundreds of times.

Dad can't avoid the getting older part, at least not if he's lucky. But it's not inevitable that he'll have to give up his home, whether it's an actual house or an apartment in a senior building.

That's why it's so important to be proactive rather than reactive, and to find a professional who can help you and your father (or mother) figure out how to remain at home as long as possible, even if injury or illness comes into play. The benefits of staying at home can be both economical and psychological.

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How to Age-Proof Your Home

If you want to stay in your place for the foreseeable future, the strategies here can help keep you comfortable—and safe—for years to come



Where do you see yourself living as you get older? Apparently, most of us want to stay right where we are. In a recent University of Michigan National Poll on Healthy Aging, 88 percent of the respondents, who were between 50 and 80 years old, said it was somewhat or very important to them to stay in their homes for as long as possible.

When it comes to staying put through the years, baby boomers may be leading the way. “They’re reinventing what aging means, as well as how and where it happens,” says Suzanne Salamon, MD, clinical chief of gerontology at Beth Israel Deaconess Medical Center in Boston and co-author of “Aging in Place” (Harvard Health Publishing, 2018).

And thanks to a growing number of professionals with expertise in this area, along with helpful products and advances in technology, aging in place is more doable these days than ever before. Of course, it’s likely to require making changes to your current home, some of them simple DIY projects and some more challenging (and more costly).

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Here's how those looking to 'age in place' can fund home health-care services

Some 70% of people want to age at home, yet only 10% have long-term care insurance, a recent HCG Secure/Arctos Foundation [study](#) found.

Furthermore, about half of respondents had no idea how much in-home care would cost. With the median annual cost of a home health aide nationally [estimated](#) at \$61,776, how are folks going to fund this?

"The need for help at home is much more common than you think, but people don't plan for it," said certified financial planner Chris Chen, wealth strategist with Insight Financial Strategies in Newton, Massachusetts.

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What I've Learned About the Financial Toll of Taking

Care of Aging Relatives

Eldercare is more than just out-of-pocket costs.

By 2034, Baby Boomers born between 1946 and 1964 are expected to outnumber the younger population for the first time in US Census history.

All the while, the cost of long-term care -- from nursing homes and daycare services to supplies and medication -- continues to surge, placing an increasing strain on American households.

As we approach this generational shift, there's a critical need for greater access to resources that will lower long-term care costs and for increased services for those 65 and older. Figuring out a plan ahead of time with your family can help make eldercare for your loved ones more affordable.

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The Best Tech for Aging in Place in 2023



Sooner or later, all of us are going to grow old, and this process will look different for everyone.

Some people may have physical conditions affecting their daily lives, while others may have conditions affecting their memory, such as Alzheimer's disease or dementia.

Income level, living situation, and relationships may also affect the overall aging process.

Today, many older adults are incorporating tech into their lives to improve socialization, safety while living alone, and even their physical health as they age.

Here, we break down the best technology-based products for aging in place in 2023.

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Assisted Living Facilities Pressed to Address Growing Needs of Older, Sicker Residents

Assisted living communities too often fail to meet the needs of older adults and should focus more on residents' medical and mental health concerns, according to a [recent report](#) by a diverse panel of experts.

It's a clarion call for change inspired by the altered profile of the population that assisted living now serves.

Residents are older, sicker, and more compromised by impairments than in the past: 55% are 85 and older, 77% require help with bathing, 69% with walking, and 49% with toileting, according to [data from the National Center for Health Statistics](#).

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CELEBRATE 100 YEARS OF DISNEY WONDER



Presidents Day: Seven Reasons to Spend Your Three-Day Weekend in Philly for 2023

Presidents Day weekend (February 18-20, 2023) offers the perfect opportunity to break out of your post-holidays routine and enjoy a quick getaway over a long winter weekend.

The nation got its start right here in Philly and your long weekend planning should, too.

From the magic of the world-premiere *Disney100: The Exhibition* at The Franklin Institute to bucket-list-worthy historical sites and award-winning dining, Philly is the clear pick for Presidents Day weekend if you're looking to get away.

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Kith Elder Care serves Philadelphia, Montgomery, Delaware, Chester, and Bucks Counties

Contact **Kith Elder Care** for a **FREE** consultation at 215.880.3541

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