



About Us



Our Services

ELDER ABUSE AWARENESS MONTH



Elder Abuse Prevention Protects and Empowers Older Philadelphians



According to the U.S. Census Bureau, the number of people over the age of 65 in Philadelphia is expected to increase by 28% by 2030, so too will the need for protective services to help those who are vulnerable to abuse, neglect, abandonment, or financial exploitation. PCA's Older Adult Protective Services is a vital resource for older adults throughout

the city who need help and support in these difficult situations.

Report suspected elder abuse 24/7

If you or someone you know is an older adult experiencing abuse, neglect, abandonment or exploitation, you can contact Older Adult Protective Services by calling **PCA's Helpline at 215-765-9040**. Staff are available 24/7 to accept confidential calls to report abuse made by anyone, including the older adult in need.

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3 Ways To Improve The Life of an Elderly Relative

It is an unfortunate fact that old age comes to all most

eventually. With the senior stages of life, there is a general decline in physical activity and mental acuity as the mind and body begin to show signs of aging. For adults with elderly parents and relatives, this can be distressing to witness at times.



Every child will forever see their parents as being strong and healthy, with fond memories of playing together and going on family trips. As your parents age, it can be difficult to accept that they are beginning to become frail.

It is important to remember that you can help your elderly parents or relatives in several ways, each of which will give them extra joy and satisfaction in life.

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6 Brain Exercises For Seniors To Try



Jigsaw puzzles, crosswords, chess and other problem-solving and memory games that stimulate your brain aren't just fun—they may produce lasting benefits.

A 2014 study found brain exercises helped older adults maintain reasoning skills and speed of cognition 10 years after the research period came to an end. Here's why engaging brain exercises boost cognition, plus six exercises to try today.

A brain exercise is any activity that engages your cognitive skills. Online brain games are popular and offer a wide variety of imaginative exercises designed to challenge your memory, focus and problem-solving skills, but tactile games like bingo and jigsaw puzzles and hobbies like model building also stimulate important types of memory skills. The key is that they must be difficult, but not too difficult.

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Engage Your Mind



Visit AARP's website and explore their extensive game library.

Challenge yourself with brain-teasing puzzles, memory games, and strategy-based challenges.

You can play directly from your computer, tablet, or smartphone,

giving you the flexibility to enjoy the games at your convenience.

[PLAY GAMES](#)

Driving Safely While Aging Gracefully

Driving is a key to independence from the moment we get our first license. Most of us want to hold onto that key for as long as we safely can.

Most older people are capable and have a lifetime of valuable driving experience. For these reasons, decisions about a person's ability to drive should never be based on age alone. However, changes in vision, physical fitness and reflexes may cause safety concerns.

People who accurately assess these changes can adjust their driving habits so that they stay safe on the road, or choose other kinds of transportation.



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June 21, 2023 is the First Day of Summer!

Summer is a time for celebration and creating lasting memories. Whether it's hosting backyard parties, enjoying fireworks displays, or gathering with loved ones for special occasions, let the joy of summer bring people

together.

Getting Outdoors in Center City District Parks This Summer

There's nothing that can compare to enjoying a summer afternoon in Center City Philadelphia. And what better way to soak in the sun than by getting outdoors?

With four standout spaces in the heart of Center City, check out some of our top picks for getting outdoors in CCD's parks this summer.



Enjoy Lunch in Collins Park

Grab a bite, relax and enjoy this quiet oasis tucked away within Center City's bustling business district. With plenty of food options within walking distance, along with shops like the reopened Barnes and Noble, John F. Collins Park is the perfect place to grab a friend and enjoy a slice of serenity downtown during your lunch break.

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37 Fantastic Father's Day Activities Dad is Sure To Love



Father's Day is that one special day of the year where we take time to show our love and appreciation for the number one man in our lives.

How? By spending time together with a fun-filled Father's Day activity, of course! After all, while you could splurge on a Father's Day gift or send a Father's Day card with an emotional quote, there's only one thing he really wants, and that is to spend time with you.

If you're looking for Father's Day ideas to make this year's holiday extra-special, you've come to the right place.

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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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