

# Aging Gracefully: A Resource Guide for Families

## 1. Safety Modifications for the Home

- Install grab bars in bathrooms.
- Use non-slip mats in tubs and showers.
- Improve lighting in hallways, stairs, and entryways.
- Remove loose rugs and clutter that could cause falls.
- Consider a medical alert system for emergencies.

## 2. Emotional and Spiritual Support

- Schedule regular prayer or devotion time together.
- Encourage social connection through church or community groups.
- Provide opportunities for creative outlets: journaling, music, crafts.
- Incorporate Scripture into daily encouragement. (Isaiah 46:4, Exodus 20:12, 1 Timothy 5:8)

## 3. Key Services to Explore

- Area Agency on Aging (AAA): Local services for seniors and caregivers.
- Home Health & Rehabilitation Services: At-home therapy and medical support.
- Adult Day Programs: Socialization and supervised care.
- Faith-Based Ministries: Meal delivery, visitation, transportation.

## 4. National Resources

- Eldercare Locator – <https://eldercare.acl.gov/>
- Family Caregiver Alliance – <https://www.caregiver.org/>
- Alzheimer's Association – <https://www.alz.org/>
- Meals on Wheels – <https://www.mealsonwheelsamerica.org/>

## 5. Encouragement for Caregivers

- Remember: caring for a parent is both responsibility and ministry.
- Lean on your support network—don't do it alone.
- Take care of your health: rest, eat well, and seek respite when needed.
- Trust God's promise: 'Even to your old age and gray hairs I am he who will sustain you' (Isaiah 46:4).

■ With love and grace,  
Leslie