



Seniors Maintaining Independence

Written by Loraine Lordi

Anna (not her real name) is 86-years old. Despite having COPD, hearing loss, and severe macular degeneration, she lives alone in her own home. While her three daughters know their mother has been having increasing difficulty managing daily tasks like cooking or cleaning, they cannot convince her to move in with one of them or to consider moving into an assisted-living facility.

“Mom is as stubborn as a Scottish mule whenever we suggest that she move out of her

home,” says one daughter. “She’s just one fall away from a disaster.”

In their frustration, Anna’s daughters see their mother as headstrong and unreasonable. However, Leah Chandler, Long Term Coordinator of the VNA’s Personal Services, views Anna and other seniors like her in a different light. “None of us wants to lose our independence. Our seniors did this right for a very long time. They’ve given so much to others. Now they live in fear that they will end up in a nursing home where they will not only lose their freedom but lose their identities as well. God forbid they tell you they fell. It’s very sad,” said Chandler.

With the support provided by VNA Personal Services home care team, though, many seniors as well as those who are disabled can remain in their own homes and even achieve a greater sense of belonging in the outside community.

“We’ve got a great team that helps our seniors realize what they are still able to do. Our nurses pay close attention to health concerns, such as safety in the home and administration of medications. Our personal care team provides services that include almost anything: assistance in bathing, dressing, cleaning, meal preparation, taking clients to the store, or simply sitting and listening to them,” Chandler explains.

Currently, the VNA’s Personal Services home care team services more than 150 seniors as well as those confined to their homes because of disabilities.

To reach VNA Personal Services, call 622-3781 or 1-800-624-6084. You can also contact the VNA at <http://www.manchestervna.org>. 