Senior Health Care Crisis Looms

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**First, the good news:** according to the United Health Foundation, Massachusetts is currently ranked fourth nationwide in terms of senior health. BSHC is proud to be part of one of the most progressive systems of senior health resources in the country. From the Aging Services Access Point network to highly flexible programs like the Personal Care Attendant program, we have an unusually rich array of resources to help seniors and disabled individuals remain in their communities.

Source: United Health Foundation
Joan Murphy and Karl Gelles, USA Today

**Now for the bad news:** many people are aware that, as the Baby Boomer generation ages, the size of the senior population in America is growing at an extremely fast rate. More people are living longer, too – which is a good thing! However, as people age, they generally require more healthcare – which can be quite expensive for the individuals themselves as well as for the government. Additionally, more and more seniors are living with a variety of chronic diseases such as diabetes, heart disease, and arthritis. Chronic diseases can
push the cost of healthcare even higher, and, if not properly managed, can cause a whole host of other medical issues. You can read more about the impending senior healthcare crisis here.

What can you do? The answer is different for every individual. However, almost everyone can make sure to visit the doctor regularly, eat healthily, and exercise a few times a week. (You can tailor exercise to your own comfort level and abilities.) Here are some other resources you can check out:

**Chronic Disease:** If you or someone you know has a chronic disease and is having trouble managing it, consider participating in a Chronic Disease Self-Management course. These evidence-based classes teach tools to handle the disease, both practically and emotionally.

**Healthy Eating:** If you’d like to learn how to better manage your diet – including how to make smart decisions in the grocery store – consider the Healthy Eating for Successful Living program. Healthy Eating is another evidence-based course which focuses on tools for improving nutrition.

**Additional Resources:** If you or someone you know needs a little bit of extra assistance to live comfortably and safely at home, please consider making a referral to Boston ElderINFO. Our information specialists can listen to your needs and come up with a list of resources that may be of assistance.