

SENIOR news¬es

Maintaining Independence

(NAPSA)—A dose of the right advice may help seniors stay healthy and independent. For instance, trusted sources of information online may help people learn about health care, as well as supportive services that assist with shopping, light housekeeping, transportation as well as offer companionship and other aspects of daily living.



Seniors can find information on the Web that helps them live healthy, independent lives.

Web sites such as www.homestyleservices.com also provide access to comprehensive “problem solving” information. The site includes a free “Independent Living Assessment” feature that people can access to help decide if they or someone in their lives can safely continue to live at home. In addition, the site offers advice for getting extra support or help.

The Web site also links to seniornet.org, another useful online resource for seniors.

For more information visit www.interimhealthcare.com.