

Keep Elderly Minds Sharp Using Elder Care Services

Summary: Maintaining a healthy lifestyle can keep elderly minds sharp, including a proper diet, physical exercise, and mental exercise. Using elder care services can assist a senior in a healthy routine to maintain a sharp mind. Visitingangels.com provides non-medical home care and companions.

A healthy lifestyle can lead to sharper minds in the elderly. This fit standard of living includes healthy eating, exercise, and stimulating the mind with mental activity. By using elder care services, a senior can get the support and encouragement they need to keep up with their physical and mental health.

In addition to physical health, diet contributes to brain health and protects against cognitive decline. Five servings of fruits and vegetables a day should be consumed, as well as fish once or twice a week. Trans and saturated fats should always be avoided. A companion from elder care services can make sure that someone living on their own will continue with their healthy eating, and not skip meals.

Physical activity that maintains cardiac fitness and vascular health can take of your brain as well. Preferably thirty minutes of exercise every day, but at least three times a week, allows for cardiovascular benefits. This vascular health and maintenance translates into a sharp mind for seniors. A caregiver to visit an elderly person can make sure that a patient keeps up with their daily exercise routine.

Engaging in mentally challenging activities can also keep elderly minds quick and healthy. Reading, crossword puzzles, sudoku puzzles, games, brain teasers, or learning a new language or musical instrument keeps minds active and occupied. They are also very enjoyable pastimes, and an elder care service providing a friend to share in these activities can be a positive experience.

A non-medical home care agency provides personalized care for seniors as an alternative to assisted living facilities or nursing homes. The longer a senior can remain in their own home, the more active both mentally and physically they will stay. Companions provided from home care agencies can help an individual with their routine and assist in their activities. It is a priority for a patient to continue to live a healthy lifestyle, which maintains a sharp mind, and using elder care services contributes to this goal.

Bio: Grace Enderlein is a freelance writer and editor currently assisting www.visitingangels.com. "Keep Elderly Minds Sharp Using Elder Care Services" explains ways to maintain cognitive health, and how elder care services like Visitingangels.com can support a senior in this objective.

