

10 HEALTHY HABITS FOR OLDER ADULTS

People with healthy habits when young tend to become healthy seniors. However, it is never too late; maintaining good health habits makes a difference.

Consider these 10 tips for the health maintenance of an older parent or senior loved one:

- Eat healthy.
- Focus on prevention.
- Get information on medication management.
- Stay physically active and exercise.
- Maintain an active social life.
- Get good sleep.
- Take care of your heart and brain.
- Visit your physician for regular physicals.
- Visit your dentist every six months.
- Set up your home to reduce the risk of falls.

OUR MISSION

To help you on *your* journey towards SUKHAM – to find fulfillment, peace, joy and contentment.



Please contact us to:

- Learn more about us
- Host a SUKHAM workshop or event
- Volunteer
- Donate to our cause

CONTACT US

email:

sukhaminfo@gmail.com

Visit our website

<https://www.sukham.org>



“Live Healthy, Age Well,
Find Peace and Joy”

Caring for Older Adults

We partner with community
and national organizations to
educate, empower, enable

Registered California 501c(3) corporation

CARING FOR AGING PARENTS

More people are living longer and younger adults are dealing with both childcare and eldercare. Sukham encourages adult children to learn about aging and the promises and wisdom it brings along with likely decline in physical and mental capacity.

Older adults can be extremely healthy and independent; they can also become disabled or chronically ill and need support. They should be enabled to maintain their independence, zest for life and value to society while receiving needed help and support.

Adult children often need help navigating the health system and supporting older adults.

Learn about Healthy Aging!

BEING PREPARED

You can learn how to assist older adults in connection with:

- *Signs of physical and mental aging.
- *Day to day activities
- *Challenges of insurance and prescription drugs.
- *Nutrition, hydration and medication management.
- *Being present at visits to doctors.
- *Transportation services, home safety, adaptive equipment.
- *Financial and legal assistance.
- *Advanced Care Planning.
- *Support through chronic or serious illness.
- *Hiring screened and trusted caregivers



“Live Healthy, Age Well, Find Peace and Joy”

ABOUT US



We are an *all-volunteer* organization.

Our dedicated team of experts will help you navigate access to resources for a dignified, healthy, happy life.

We are all-inclusive with a focus on South Asians.

SUKHAM can provide information on caring for older adults with special needs.

Contact us for more information:

email: sukhaminfo@gmail.com