



Senior Independence

The challenges of keeping a senior loved one independent at home

One Is The Loneliest Number

Loneliness has health and longevity effects, complicating the emotional impact on seniors.

Multiple Medications Are A Fact Of Life

Taking medications as prescribed is essential for managing health symptoms and improving safety.

Navigating The Healthcare Maze

Multiple physician appointments, transportation concerns, new medications...confusion is common.

Are They Okay?

Worrying about meals, illness, health, and well-being can lead to overloading your senior loved one with concerns. This can negatively impact important conversations and lead to stress for you. A dedicated health partner can help with specific tasks such as ordering groceries, medication reminders, coordinating appointments, and providing engaging support.

ConnectedForYou (www.connectedforyou.com) is a cutting edge and interactive service designed to help seniors age at home while reducing stress on family members - whether they are local or live far away.