

# *Top Five Frustrations Senior Citizens Face*



*Ruth W. Frederick  
Executive Director*

*Jeffersontown Senior Citizens*

*November 7, 2005*

# 1. Finances

## Older Seniors:

1. Living longer.
2. Cost of living going up, income does not.
3. Homes too expensive to live in even if paid for.
4. Rates go up on fixed expenses (utilities, taxes, insurance, etc).

# 1. Finances

## Younger Seniors:

1. Small or no income due to job loss.  
(downsize company, early retirement for various reasons).
2. No job replacements equal to prior job.
3. Mortgage still owed on home.
4. College age children and/or elderly parents to help.

# 1. Finances

## Younger Seniors:

5. Lack of health insurance.
6. Coping with stress ( financial,physical, and mental.)

## 2. Health & Fitness

### Medical Issues

#### ☞ Older Seniors:

- Doctors retiring, cost of medical care, and drug programs.
- Understanding Medicare and Medicaid issues.

#### ☞ Younger Seniors:

- How to acquire affordable health insurance.
- Keeping a healthy lifestyle. (lacking finances and resources.)

## 2. Health & Fitness

### Fitness Issues:

- ☛ Exercise: what kind, how much, how often.
- ☛ Exercise Equipment: availability and proper use.
- ☛ Availability of healthy lifestyle information and programs.
- ☛ Support programs for new advances of senior citizens care and mobility.

## 2. Health & Fitness

### ☞ Physical Therapy

- How to achieve physical goals after initial period that insurance covers.
- Physical Therapy without insurance coverage.

☞ Fitness trainers, help continue recovery after serious health problems.

# 3. Living Accommodations

- ☛ Assistance with making wise choices in the changes of living accommodations.
- ☛ Determining when circumstances dictate the necessity of making a change.
- ☛ Supports from community that offer guidance in what options are available.
- ☛ Counseling to relieve the anxiety and insecurity these changes bring to their lives.

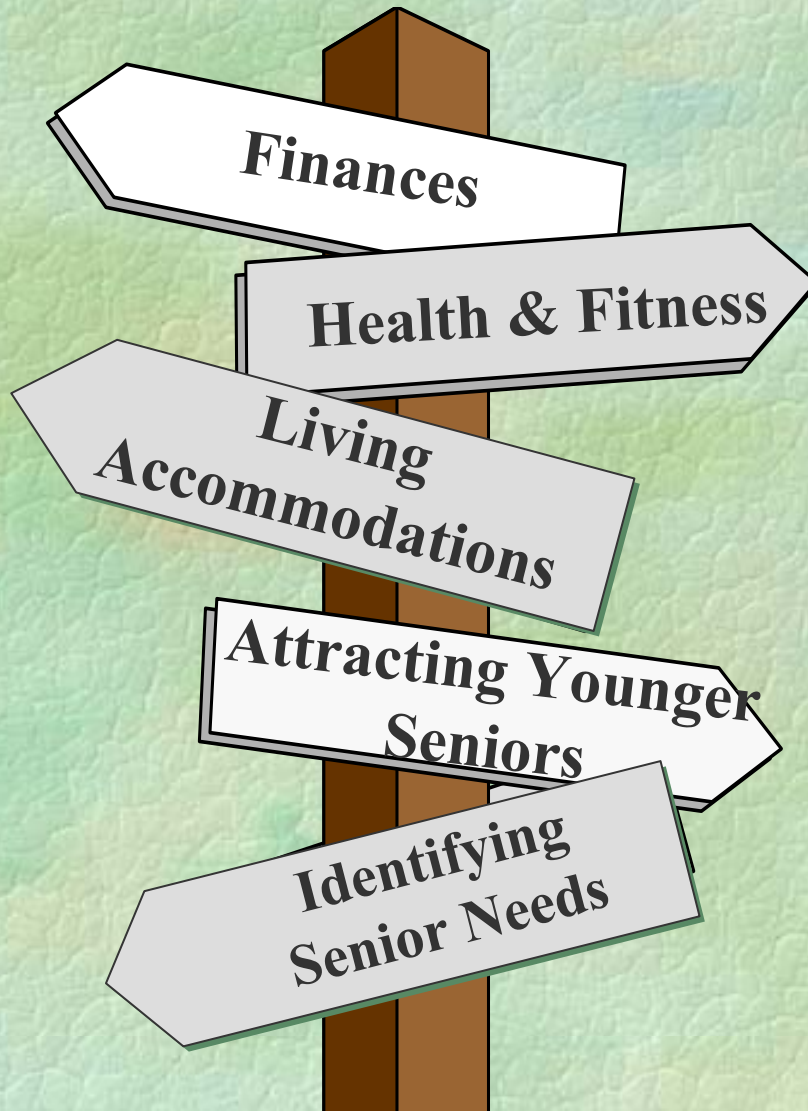
## 4. Attracting Younger Seniors

- ☛ Recreational facilities that provide a good variety of programs for seniors.
- ☛ Affordable outings that promote activities and entertainment for social gatherings and relaxation.
- ☛ Support groups that encourage each other in daily living choices.
- ☛ Mentoring relationships between older and younger seniors.

# 5. Identifying Senior Citizen Needs

- ☛ Good communication with both individuals and groups of seniors.
- ☛ Daily interaction with staff, volunteers and other seniors.
- ☛ Periodic surveys and inquiries as to the types of support seniors indicate they need.
- ☛ Adapting senior citizen centers to fully accommodate a variety of ages.

# Guidepost for Top Five Frustrations



You are invited to come  
to the center anytime  
for more information and  
a guided tour.

Address: 10631 Watterson Trail  
Jeffersontown, Ky. 40299

[www. Jeffersontownky.com](http://www.Jeffersontownky.com)

email:  
[jtownseniors@insightbb.com](mailto:jtownseniors@insightbb.com)