

# In a Senior Moment: Are You Ready? (Paperback)

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### Reviews

This ebook may be worth a go through, and superior to other. I could comprehended every thing out of this published e pdf. It is extremely difficult to leave it before concluding, once you begin to read the book. (Prof. Damien Schuster PhD)

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## IN A SENIOR MOMENT: ARE YOU READY? (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. In A Senior Moment.Are YOU Ready? is a call to action for the older adult and family members desiring to help parents to proactively address the logistics of transitioning from home to graduated assisted living options. Proper planning ahead of time results in the best outcomes when that transition becomes necessary. Aging, especially when accompanied by illness or injury, causes an alteration in lifestyle. This book explores every component of housing and health care options to give seniors choices that impact physical, mental and emotional wellbeing. It gives a step-by-step, viable prescription for happiness, instead of defaulting to others making crucial decisions about your life when you can no longer help yourself.

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