

### **Risk Factor - Not Having Family or a Friend to Help Out**

- Family, friends, neighbors, and volunteers are **key** when you need help and want to stay living at home.
- Older adults *without this kind of help* or *who refuse offers* of help find it hard to live at home. These can lead to a “crisis” in the home and often cause people to move in order to get help and “be safe.”
- Older adults who buy help from family, friends, neighbors, or agencies are able to stay living at home.
- Getting services in your home can be less costly than moving to another place in order to get help.
- Having a strong group of social contacts -- friends, family, and neighbors -- is linked with better health and well-being in older adults.

**KEY TIP: Keep your social network alive. If needed, accept help from family, friends, or neighbors. Their help is *important* for staying living at home.**

#### Other Tips