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**GROWING SENIOR POPULATION AND THEIR FAMILIES NEED TO UNDERSTAND THE VITAL ROLE  
IN-HOME CARE SERVICES CAN PLAY IN ENHANCING QUALITY OF LIFE**

**ST. LOUIS, Mo., May 26, 2011 . . .** According to new research, older adults will represent nearly 20 percent of the nation's total population by 2030. While the senior population continues to skyrocket in the St. Louis area and nationwide, so too will the strain on family caregivers. As many of those seniors continue to follow the growing trend of choosing to stay in their own homes as they age, St. Andrew's Resources for Seniors, a St. Louis-based non-profit organization that provides both in-home services and senior housing options, is urging local seniors and their families to increase their knowledge and understanding of the many supportive services that exist in our community to make aging in place a more viable option for all involved.

"Home care services allow seniors to continue living independently in a secure, familiar environment close to the neighbors and memories they hold dear," noted Mary Alice Ryan, President and CEO of the St. Andrew's Resources for Seniors System. "In many cases, home care is also a more cost-effective option, so both personal and economic reasons will lead more seniors to choose this option, with many not realizing the added pressure it can put on their families, particularly as their health begins to deteriorate."

The home care services offered by St. Andrew's are examples of the types of services available through a variety of non-profit and for-profit agencies in the St. Louis region that can help family caregivers meet the evolving needs of their older ones. These services range all the way from 24-hour live-in support, skilled nursing services, medication and diabetic management to a range of basic nutrition, personal care, housekeeping, transportation and escort/errand services, and companionship. St. Andrew's also offers families help identifying other resources that may be needed, from eldercare attorneys to financial planners, while also having professionals on staff who can help families determine when the time has come for additional levels of in-home care or making the transition to a retirement community.

71-year-old Sue Russell is among the many older adults who take advantage of St. Andrew's home care services. After a hip replacement and knee replacement surgery left her confined to a wheelchair, Russell began receiving personal care and housekeeping services through St. Andrew's 10 months ago. Russell's mother also utilized the organization's home care services for 9 years before her passing, and Russell says the care provided to her and her mother through St. Andrew's has been invaluable.

## **St. Andrew's highlights benefits of home care**

### **First and Final Add**

"I'm so blessed and thank the Lord everyday for the care St. Andrew's provides," said Russell. "Because of St. Andrew's, I'm able to remain in the comfort of my own home, rather than moving into a nursing home."

85-year-old Kathryn Williams is another long-time recipient of St. Andrew's home care services. The organization currently provides her with housekeeping, laundry and personal care assistance, and recently assisted her with an emergency fix to the entry door in her home. She says without St. Andrew's, she wouldn't be able to remain living independently in her home.

"I can't express in words how grateful I am to St. Andrew's for the help they provide," said Williams. "Their help makes it possible for me to stay at home where I'm comfortable. They are a big, big help to me."

Russell and Williams represent two local examples of the estimated 1.5 million older adults nationwide who are leading happier, healthier and more independent lives thanks to the in-home supportive services they receive.

"As more and more seniors make the choice to live in their own homes for as long as possible, it's important that they and their families understand the many options available to help them age in place, maintain their independence and enjoy an enhanced quality of life as they grow older," noted Ryan.

For more information on the home care services available through St. Andrew's Resources for Seniors, call (314) 726-5766, or visit [www.standrews1.com](http://www.standrews1.com).

*St. Andrew's, founded in 1961, helps more than 5,000 seniors each year through housing and supportive services, individually tailored and caringly delivered.*

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