WEDNESDAY, JUNE 26, 2019 THE OBSERVER — 7A



# Lip reading: a valuable skill for those with hearing loss

If you're hard of hearing, you can greatly facilitate your aural comprehension by learning to read lips. But how do you develop this ability?

The first step is to sign up for a course about lip reading given by an audiologist or a speech pathologist. This course will teach you to interpret other people's speech by



paying close attention to non-verbal cues such as lip and jaw movement, facial expressions, posture, and gestures.

Afterwards, you'll need to practise. Every time you take part in a conversation, you'll further hone your abilities.

To get more information about hearing loss, visit the Canadian Hearing Society website at chs.ca.

# 3 tips for tackling debt as a senior

Debt among seniors is on the rise. If you or someone you know is struggling financially, these three tips can help.

- 1. Create a budget. Figure out precisely how much money you earn, spend and save every month. See where you can tighten your spending. Start by asking yourself which of your small, recurring expenses you can reduce or eliminate.
- **2. Prioritize debts.** Determine the interest rate for each of your debts. Make the minimum payments for each debt, and then funnel whatever else you can afford towards the debt with the highest interest rate.
- 3. Renegotiate with creditors. Discuss your financial situation with your creditors and determine if they might lower the interest rate on your debt, consolidate your debts into one loan or stretch out your payments over

a longer timeframe. Reducing your minimum monthly payments can help you stay solvent while paying off your loans.

Finally, if you need extra help, be sure to get it. Contact an accredited not-for-profit credit counsellor, a financial adviser or a licensed insolvency trustee. These experts can help you evaluate your debt situation, make a budget and develop strategies to pay off your debt.

If you have financial problems, expert advice can be extremely helpful. However, be cautious about who you trust with your personal information, and be particularly wary of debt settlement companies. These organizations are usually for-profit businesses and many engage in high-pressure sales practices and make false claims. Only work with reputable debt settlement companies that are accredited and willing to provide you with references.



# 5 types of home care workers

Home care workers provide seniors with one-on-one care where they live, allowing them to be independent while getting the extra help they need. Here are the five main types of caregivers providing in-home care.

- 1. Personal care aides (also personal care attendants) assist seniors with day-to-day activities, such as bathing and dressing, preparing meals and housekeeping. In some cases, they also provide transportation and run errands. Their specific duties will depend on the elderly individual's care needs.
- 2. Registered nurses typically assist seniors at their homes following a surgery, serious illness or injury. They provide follow-up and rehabilitation care, which extends to overseeing their patients' diets, exercise routines and medication requirements.
- 3. Physical therapists help seniors improve move around safely both inside and out- health professional in your community.

side their homes. They're sometimes required following an injury or surgery, and they're almost always needed after a joint replacement surgery.

- 4. Occupational therapists help seniors live more productive, active and independent lives. They identify and solve problems interfering with their patients' abilities to engage in everyday activities and tasks including social activities, leisure activities and self-care routines.
- 5. Speech-language pathologists assist individuals who have difficulty speaking or swallowing (which can occur following a stroke).

In-home care is becoming an increasingly attractive option for many seniors. If you're interested in getting care at home, begin by their mobility and ensure that they can consulting with a doctor, nurse or other



# Tips for relieving the 3 most common menopause symptoms

It's normal for women to experience a variety of symptoms during menopause including hot flashes, trouble sleeping and weight gain. Here are some tips for dealing with these three commonly experienced menopause symptoms.

#### **HOT FLASHES**

Hot flashes, or sudden and brief increases in body temperature that recur periodically, are experienced by about 75 per cent of women during menopause. While they're nothing to worry about, there are ways to decrease their frequency, such as:

- · Wearing natural fibres like cotton or linen and avoiding wearing synthetic materials
- Drinking colder beverages and taking colder showers
- Avoiding foods and beverages known to provoke hot flashes such as spicy meals and coffee

#### **TROUBLE SLEEPING**

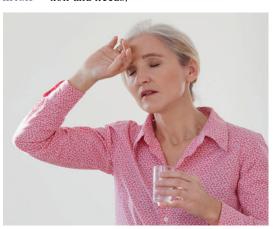
Low levels of estrogen, especially when coupled with the stress of aging, can lead to insomnia. During menopause, it can be useful to develop strategies for sleeping better. These might include avoiding fatty foods and heavy meals in the evening, and repeating a peaceful mantra while lying in bed. You might also consider getting to bed earlier and taking afternoon naps to increase your level of energy during the day.

# **WEIGHT GAIN**

As you approach 50, your metabolism starts to slow down. In fact, women going through menopause typically put on four to 10 pounds. Nevertheless, eating well and exercising can counterbalance the effects of menopause on your weight. For this reason, it's recommended that you exercise at least 30 minutes a day.

If you experience frequent food cravings during menopause, choose protein-rich snacks to tide you over until mealtime and decrease your alcohol consumption, as alcohol stimulates the appetite.

While menopause symptoms can be problematic, there are solutions. Talk with a health professional to get personal recommendations suited to your particular situation and needs.





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