

Faced with a Myriad of Health Issues, Lifesprk Client Unlocks the 'Key' That Changes Everything

Healthcare costs typically skyrocket in the midst of a health crisis or when seniors ride what Lifesprk refers to as the 'roller coaster of health care crisis' - the frequent in-and-out of the hospital or emergency room, costing seniors in more ways than just financial. It also costs those who are caring for their older loved one in work/life balance, stress, and sometimes financially.

Lifesprk client, Jonathan, was very familiar with this scene when he experienced three different hospitalizations, several falls, and a myriad of health issues, which happened all at once, creating a safety concern for him being able to live by himself at home. Yet, he wanted to remain independent. After he fell again, his son urged him to explore options.

The key is getting proactive early, if you can, to identify not just health goals, but life goals as well. For example, do you want to age in place, volunteer, help with the house cleaning, making meals? Will you need to make home modifications to stay safe and, therefore, reduce the need for care after a surgery or hospitalization, or perhaps explore senior living options?

Tap into Senior Care Navigation, your free benefit as an Education Minnesota member, which provides a great starting point for answers to a variety of questions - explore a myriad of options from home care, private-pay nursing/caregiving, Medicare skilled home health, and free connections to resources in your community. The goal is about taking action with your health now to avoid the roller coaster, keep costs low long-term, and achieve your goals to live as healthy and independently as possible longer.

When Jonathan looked to Lifesprk for support with his senior care options, something unexpected, but positive occurred. [Read on as Jonathan shares his experience](#). If you need proactive guidance or immediate help now, contact us: 952-345-3317 or visit [Senior Care Navigation online](#).