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Senior Services in Waterloo, Iowa for your Loved Ones by [Deborah Alcott](#)

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In the United States, persons at least 65 years old are considered senior citizens. People in this age range are more likely to have certain diseases (e.g. Alzheimer's, diabetes, Parkinson's) and/or disabilities (e.g. vision and hearing impairment). Because of this, they require special care (known as elderly care or simply elder care) to enable them to live the remaining years of their life to the fullest and with as much independence as possible.

Traditionally, it is the responsibility of younger, more able family members to take care of their elderly relatives. Today, state or charitable institutions provide shoulder the cost and responsibility of elder care services when immediate families are no longer capable of doing so. Decreasing family sizes, longer life expectancy rates, and geographical dispersion of families are cited as the main reasons why these institutions provide these services. In addition, women need to balance their work and/or education with the care of elderly relatives.

According to the U.S. Department of Health and Human Services, the senior citizen population in the US reached 40.4 million in 2010. This was projected to increase to 55 million by 2020. More senior citizens translate to a greater need for accessible and affordable care services.

Most senior citizens would prefer living in their own homes, given the choice. Unfortunately, the loss of certain abilities requires their assistance from family members or elder care facilities. Adult children are often faced with the choice of caring for elderly parents at home, or sending them to elder care homes where their parents could potentially lose their independence.

In Waterloo, Iowa, for instance, 14 percent of the people are senior citizens (as of 2010). Like most senior citizens, the elderly of Waterloo are prone to diseases like Alzheimer's, a disease characterized by a gradual loss of memory and other mental functions due to the deterioration of brain cells. Thus, institutions that provide Alzheimer's care in Waterloo, Iowa are needed.

Of course, elderly sufferers of Alzheimer's are not the only ones who need assisted living services in Waterloo, Iowa. Assisted living services involve having caretakers come into homes to take care of the elderly in the absence of the elderly's adult children.

This may be easier said than done, as many senior citizens deny that they need help, but with a well-trained caretaker, this arrangement can be more beneficial for everyone in the long run. For additional information on senior services in Waterloo, Iowa, visit aging.iowa.gov.

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