

# **SENIORS' NEEDS: A HANDBOOK FOR GETTING OLD**

**Rich, Poor and Middle Class Aging in a  
Fast-Paced World. What We Need To  
Know And How To Prepare.**

**Della D. Maharaj, CNA, HHA**

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Seniors' Needs is written for Seniors, their own families and Caregivers, to illustrate the particularized requirements of Seniors. The book contains helpful recommendations and information about the challenges Seniors face within their twilight years and offers some solutions to those challenges. Also included is info on the pitfalls Seniors face when navigating the "Maturing Industry", on their own or through family. It also contains some humorous tales, some serious stories and personal accounts of the Seniors I had the pleasure to utilize. The information was compiled due to many requests for such information by the Seniors for whom I have worked. One of them book is information associated with aging, health, insurance options, nursing home treatment and services, home health care and services, healthy foods, exercise and what to anticipate as we commence to rely more and more on others for treatment.



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