

HELPING OLDER ADULTS STAY ACTIVE, ENGAGED, AND INDEPENDENT AT HOME

THROUGH SELA FLORECE

By Juanita Molina, Community Health Worker

SELA Florece visited an older adult residing in the community for a home visit. The resident already had essential supports in place, such as health coverage, food assistance, Social Security retirement benefits, and in-home caregiver support. However, the SELA Florece team identified a significant opportunity to improve the resident's quality of life through caregiver training focused on movement, dexterity, cognitive stimulation, and independence.

Many older adults may have access to basic services but still need practical support to maintain strength, coordination, confidence, and active engagement at home. For this resident, the priority was not just access to resources, but also preserving physical function, fostering mental stimulation, and helping the caregiver use simple activities that could be repeated during daily routines. The SELA Florece team introduced low-cost activities to work on fine and gross motor skills, as well as cognitive abilities, using common household items such as egg cartons, pom-poms, ribbons, and a therapy ball. These activities fostered hand strength, coordination, upper-body movement, attention, sequencing, problem-solving, and active participation. The resident actively participated in the exercises, while the caregiver gained practical tools to continue using them at home.



This visit became a preventive, educational, and empowerment-oriented intervention. By using everyday objects, the team helped preserve dignity, movement, cognitive activity, and functional independence. This story highlights that healthy aging is also about helping older adults remain active, engaged, and as independent as possible in their own homes.

“Healthy aging can begin with simple tools already found in the home. With the right training and support for the caregiver, everyday activities can foster movement, cognitive engagement, dignity, and independence.”