

Helping older adults make sense of aging



Melanie Maynor

Everyone wants to age gracefully – living their best life without overburdening family members. But what does it take to achieve that goal? Understanding the systems and language of aging isn't easy.

Thankfully, Melanie Maynor and her multidisciplinary team at **Aging Gracefully** have the knowledge and connections to help older adults and their families develop comprehensive care plans that are both personalized and intentional. Her team consists of nurses, social workers and therapists with dozens of years of experience. The company has been serving St. Louis area families since 2008.

"Ideally, we have the chance to work with families before they have a crisis so that we can help them write their story as they wish. However, since we have the tendency to postpone important conversations as we age, we're also adept at helping families through crises," Melanie explained. "No matter when we receive the call, our goal is the same: To maintain a person's dignity, quality of life and independence as they navigate life's transitions, whether they be age-related or medical."

Some of the services that Aging Gracefully provides include:

- Educating older adults about the vast array of services available to them, explaining how each is funded and providing oversight of the recommended resources and services.
- Acting as an advocate at doctor and specialist appointments.
- Connecting families with trusted professionals to help with legal issues and documents.
- Coaching caregivers to ensure that their needs are also met.

"We see ourselves as an extension of our client's family and want to ensure they (and their families) never feel alone. By guiding them through difficult situations, we impart a peace of mind and a sense of relief so they can continue to enjoy their time together."



Aging Gracefully™

(314) 827-6654

info@aginggracefully-stl.com
aginggracefully-stl.com