

Mobility's central role in mental health

Contributed by
Central Mobility and
Rehabilitation Equipment

Even minor mobility obstacles to elderly or disabled loved ones can have a lasting mental health effect on their life. They may not be able to go out and see their friends, or they may find shopping for their groceries too much trouble. These experiences produce social and psychological effects and can even lead to depression.

People need regular contact with friends and family, and our social tendencies require short trips to a favorite retailer, the library or salon, or to attend civic events.

For many seniors, quality of life includes sustaining their independence and experiencing the world around them. A lack of mobility can produce social isolation, depression and declining mental health.

Sometimes people need a bit of help getting around. The use of mobility aids among Americans over 65 jumped 50% between 2004 and 2012. Today, more than 25% of older Americans now use canes, rollators, walkers, wheelchairs and scooters.

Many adults begin to limit their activities as they age, believing that they are limited in what they can do physically. But remaining active is the key to aging gracefully and maintaining physical and mental health. Injuries diminish balance, stability and the stamina needed to get around. Powered wheelchairs, rollators, walkers and scooters successfully overcome human afflictions and introduce a viable path to an

unimpeded life that remains independent longer.

Specialty healthcare vendors like Central Mobility and Rehabilitation Equipment in Tavares provide a showroom of manual and powered mobility aids.

"The challenge of finding the correct mobility aids can become an overwhelming task, because not all mobility solutions are created equal, and each has specific limitations," says Lonnie Dorcey, principal owner. "Central Mobility's goal is to meet each individual's specific mobility needs, especially when seniors or the disabled find it difficult to live life to its fullest and walk safely and effortlessly."

Identifying lifestyle and personal needs is the most accurate way to determine the correct mobility product for seniors and the disabled to continue to live in their homes safely while maintaining their lifestyle and independence.

To add value, differentiate and expand its community impact, Central Mobility is considering a wide range of activities with local humane societies, cross-marketing with senior services organizations and expanding its focus and communications with customers. Presently it is the only mobility products provider in Tavares, with pick-up and delivery for new sales and service.

Mobility aids help extend and regain personal independence. They allow seniors and the disabled a newfound freedom to get out of the house more and do fun things with a renewed sense of independence and normalcy.



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How Pets Keep Seniors Healthy and Mobile

*Contributed by Central
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Equipment*

For more than a century, pet companionship has been widely recognized in documented medical research as a beneficial component as people age and are afflicted with debilitating conditions of depression, loneliness and high blood pressure.

Besides simple companionship for seniors, pet ownership and sharing encourages physical activity, improves socialization and decreases loneliness. Pet therapy is especially beneficial for seniors with dementia, memory loss and Alzheimer's disease, because it measurably reduces agitation, aggression, pain and anxiety while improving energy levels, respiratory and

mental health.

Caring for a support animal encourages physical activity and serves as an excellent therapy tool for those in rehabilitation following surgery, and after a fall or a stroke. Pets often become a personal motivator that encourages daily outings with increased movements that lead to many health benefits. Increased exercise by seniors improves moods and is an essential component of mitigating many age-related illnesses, from diabetes to high cholesterol.

Seniors who take a pet for a walk improve their mobility, make more social interactions and look forward to their daily exercise routine. Senior pet owners are also known to journey significantly farther, which partially explains why



pet owners historically require fewer doctor visits.

Pet Visitation Therapy

Pet visitation therapy provides most of the benefits of pet ownership with less commitment without losing any companionship benefits. Spending less time with an animal doesn't diminish the positive results, because as little as 15 minutes of interaction with a pet contributes to real improvements to a senior's health and mental well-being.

According to the Pets for the Elderly Foundation (www.petsfortheelderly.org), the most prevalent disease for older persons is not cancer or heart disease, but depression from loneliness. Companion pets provide genuine affection, unconditional love, a reversal of loneliness and can help ease the pain associated

with losing loved ones.

Pet Partners (<https://petpartners.org>) offers many options to seniors who cannot live with or care for a companion pet. Pet Partners, formerly known as the Delta Society, brings pets to patients in recovery, people with memory disabilities, seniors living with Alzheimer's, students, veterans with PTSD and those approaching end of life. Pet Partners achieves significant health and mental health improvements through compassionate human to pet encounters. Regular access to therapy pets is something seniors find great value in and look forward to, as do caregivers and especially the pet. It's a win, win, win situation that becomes a memorable moment as it happens.

Did you know?

According to the World Health Organization, an estimated 250 million preschool children are vitamin A deficient. That's a significant concern, as children who are not getting enough vitamin A are at greater risk for severe visual impairment and blindness. Vitamin A deficiency also increases a child's risk of severe illness, and even death, from common childhood infections, including diarrheal disease and measles. The WHO notes that breast milk is a natural source of vitamin A and urges mothers of infants to breastfeed to ensure children get ample amounts of vitamin A. Parents of older children can look to various healthy foods to make sure youngsters are getting enough vitamin A. The National Institutes of Health notes that foods such as sweet potatoes, carrots and fortified cereals typically contain substantial amounts of vitamin A. The U.S. National Library of Medicine reports that various animal products, including meat, fish, poultry, and dairy products, also contain significant amounts of vitamin A. Parents can speak with their children's pediatricians to determine the healthiest, most effective ways to ensure their youngsters are getting enough vitamin A.

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