

## Senior Saviour Solutions aims to answer seniors' wants and needs

By Bill Rea

It is often hard to find the services that seniors both need and actually want.

Bolton resident Stephanie Anderton is trying to fill that gap.

She recently launched Senior Saviour Solutions, a free service aimed at helping seniors help themselves.

"For me, the journey is very personal," she said, recalling the experience when her first husband was diagnosed with Alzheimer's disease while he was a relatively young man. "Fifteen years ago, there wasn't nearly as much available as there is now," she remarked, adding it sometimes takes some doing to find out about all that's there.

Anderton, an accredited life coach, aims to make available to these people the best quality of life possible.

The service starts with a free consultation, with the issue often being whether the senior should stay at home, or be moved to another facility.

"Together, we can figure it out," she said.

In a lot of cases, if they stay in their homes, they will need help, and Anderton said there are different people available who can offer that assistance.

"There's a whole bunch of things," she declared. "You name it. We can help."

Anderton likened it to more of an alliance.

She said it's often hard for seniors to ask for the help they require, so the focus is taking the stress off them.

Anderton said her role is to connect with the seniors and help them find out both what they want and need. She recalled when dealing with her husband's illness, there were lots of people telling them what was needed, but not as much attention paid to what was wanted.

"Part of this is very much driven by my own experience and my own passion," she said.

Senior Saviour Solutions is operating out of Anderton's home, but she was quick to point out it will really be operating out of her clients' homes, as she works to connect them with what's available.

"My focus is on the seniors," she said, adding she will make sure they're aware of what they want, along with the costs involved.

For more information, go to [www.seniorsavioursolutions.ca](http://www.seniorsavioursolutions.ca) or phone 905-857-3077.



Stephanie Anderton of Senior Saviour Solutions