

Emergencies

Always follow your doctor's advice, but if you are experiencing any of the following, call 911 right ways (it is always best to err on the side of caution):

- Difficulty breathing or shortness of breath
- Chest pain or pressure lasting more than two minutes
- Sudden dizziness or blurry vision
- Seizure, fainting or loss of consciousness
- Difficulty speaking or understanding speech
- Numbness or weakness – especially on one side of the body
- Any sudden or severe pain or pressure
- Uncontrolled bleeding or serious burn
- Severe or persistent vomiting, diarrhea or high fever lasting over a day
- Coughing or vomiting blood
- Depression or suicidal thoughts (can call 988 instead of 911)
- Head injury or a fall where you hit your head or may have broken a bone

Healthcare Matters

To discuss medical situations such as:

- New or worsening medical conditions
- Issues with memory or feelings of anxiety or sadness
- Questions about medical conditions
- Clarification regarding health recommendations
- Advice on diet and exercise
- Whether or not to schedule a doctor's appointment

Call your Internist or Primary Care Physician

To discuss dental matters such as:

- Routine care or new or worsening dental conditions
- Questions about medications or advice from your dentist
- Whether or not to make a dentist appointment

Call your Dentist

To discuss vision matters such as:

- New or worsening visual problems
- Questions about glasses/contacts or advice from your optometrist
- Whether or not to make an appointment for a visual examination

Call your Optometrist or Vision Provider

Legal Matters

To discuss situations such as:

- Concerns regarding strangers who have contacted you by phone or internet
- How to determine if your finances are safe
- How your Will is written, or how to discuss your Will and plans with family
- How to share your wishes about end-of-life decisions
- Funeral arrangements and planning
- How decisions are to be made if your memory or health deteriorates
- Confusion or anxiety about plans for your estate or other legal matters
- What to do when you lose a loved one
- Your options about meeting with lawyers and legal assistants, including where, how and whether to make an appointment with a lawyer

Call your Lawyers at Lowenhaupt & Chasnoff, LLC (Available 8:30 am–5:30 pm M-F) at 314-241-5950, or leave a message any time and we will call you back right away.

Miscellaneous Matters

To discuss situations such as:

- Feelings of grief when you lose a loved one
- Feelings of anxiety about memory or health
- How to respond to disagreements among family and friends
- Pros and cons of hobbies you might pursue
- Ways to help in the community or become a volunteer
- Whether to consider using different technology (i.e., internet/social networks)
- How you can get connected with people who have information or resources
- General conversation about your day, or concerns not listed here

Call the Senior Line (available 24 hours a day): 800-282-7035

To obtain local services and resources, contact Aging Ahead:

- St. Louis County 636-207-0847
- St. Charles County 636-579-0555