



Visiting Angels Meets You at Home

There's no place like home. Dorothy said it about Kansas decades ago, and the saying still rings true. For many seniors and their families, aging at home for as long as possible is an important goal. However, sometimes the word "home" moves from a single family house to a townhome or condo, an apartment in an independent living senior home or even a studio in assisted living. No matter what "home" means to you or to your aging family member, one thing is certain – Visiting Angels can provide support services to enhance your independence and socialization.



Assistance with Independence

For seniors, home isn't so much a place as it is a state of being. To live at home means to live with as much independence as possible. Unfortunately, complex medical conditions, increased fatigue, or other unique situations can make independence an unsafe proposition. The team at [Visiting Angels](#) is prepared to assist clients with a variety of activities that can increase feelings of independence and safety, making home

feel more accessible for our clients.

Our caregivers are experienced with providing personalized assistance with Activities of Daily Living (ADLs). These tasks, recognized by the senior medical network, include activities that are required for dressing, eating, toileting, transferring, and bathing. For many seniors living in single family homes and in senior living communities, these ADLs become increasingly more difficult due to a litany of reasons ranging from stiff joints to decreased range of motion, endurance complications to emotional distress.

In any case, our caregivers are ready to come alongside our clients to provide just the right amount of assistance. We work to walk a fine line with all clients, giving enough assistance to provide the help they need without providing so much assistance that we negatively affect self-esteem or motivation. Each of our clients is different, and we customize our approach based on the strengths of the individual.

Beyond assistance with ADLs, our caregivers also provide services that include assistance with transportation, meal preparation, grocery shopping, housekeeping or other chores. By assisting with these tasks, we free up the time for our clients to pursue other activities they enjoy.

Assistance with Socialization

Finally, having a Visiting Angel caregiver means having a friendly face who comes to visit regularly. Our team is hand selected based on their compassion and genuine care for seniors, and they all share that the best part of their job is simply getting to know – and being with – clients. The benefits of a regular Visiting Angels caregiver extend to the senior as well; seniors with regular socialization and a network of caring friends are less likely to exhibit symptoms of depression or anxiety. Spending time together, whether enjoying a walk outdoors or working with one another to make lunch, is good for the mind and soul.

Let our team of experienced caregivers meet you at home, wherever that may be. We would be honored to become a part of your extended family, providing you services that increase your independence and opportunities for socialization. Let us bring health and friendship into your home. [Give us a call](#) to set up a consultation so that we can learn more about your situation.

Visiting Angels of Denver and Boulder, CO

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