

HomeTimes®

America's Choice In Home Care®

Your resource for an at home senior lifestyle.



How Family Caregivers Can Manage Stress

If you are a family member caring for an older adult, you probably have many other tasks to juggle, such as work, childcare, errands, and more. Keeping other aspects of your life running smoothly and efficiently while meeting a senior loved one's needs can be overwhelming and stressful. You may also struggle to find time for yourself to relax.



Tips to Manage Caregiver Stress

Caring for an elderly loved one can be rewarding but also draining—physically and mentally. Fortunately, there are opportunities and resources to help you alleviate stress and enhance the quality of life for your senior loved one and you.

Here are a few tips that can help you manage caregiver stress and maintain a healthy balance in your life:

Delegate Senior Care Tasks

Delegating senior care tasks can help lighten your load and reduce stress. If you're busy, consider asking family, friends, or neighbors to help with tasks like picking up prescriptions, preparing meals, or providing companionship. Professional home care services, like those from Visiting Angels, can also offer skilled support.

Hire Assistance with Personal Errands and Chores

During hectic times, consider time-saving resources like grocery delivery, online shopping, or cleaning services. If budget allows, hiring help for lawn care, repairs, or overdue projects can free up time to focus on your well-being.

Reduce Other Stressors, If Possible

Manage the aspects of your life that cause unnecessary stress. Although it is impossible to eliminate stress 100 percent, you can take simple steps to streamline your life—such as meditating, going outside more, reducing your time on social media and news, and avoiding activities that cause anxiety.

Prioritize What is Most Important in Your Life

Figure out what is essential in your life and devote your energy to those pursuits—making sure that self-care ranks high on the list. Focusing on what matters most will allow you to establish priorities and place the less-important commitments lower on the list.

Let Go of Guilt

Manage sources of unnecessary stress. While you can't eliminate it entirely, simple steps like meditating, spending time outdoors, limiting social media, and avoiding anxiety-inducing activities can help.

Consider Respite Care

Respite care offers temporary relief from caregiving, letting you take a break for vacation, work, or personal time. A Visiting Angels caregiver provides compassionate, in-home support tailored to your needs, schedule, and budget.

Assisted Living Vs. Home Care

If you're contemplating senior care, you've probably heard about "assisted living." You may have looked for information on local assisted living facilities. Did you know in-home care can be an option—even if your loved one is living with a condition that causes health, cognitive, or mobility challenges?



The main difference between assisted living and home care is the location of care. Assisted living provides support in a residential facility, such as an apartment, townhome, or a suite with a private bathroom attached.

Home care is provided in your loved one's residence without the need to relocate to a facility. Home care enables seniors to age in place in the comfort of their own homes with familiar surroundings and routines.

What Services Are Provided By Assisted Living vs. Home Care?

Assisted living facilities and home care offer similar personal care services, including help with the following:

- Hygiene Assistance
- Bathing & Dressing Assistance
- Toileting Assistance
- Errands & Shopping
- Meal Preparation
- Laundry & Light Housekeeping
- Mobility & Transfers
- Medication Reminders
- Incidental Transportation to and from Appointments

However, in-home care offers dedicated, one-on-one care at your loved one's home. An in-home caregiver will focus entirely on your loved one's preferences, comfort, and safety.

Assisted living care is provided by facility staff members, who may support multiple residents during each shift. As a result, it may be more challenging for team members to provide the level of personalized care your loved one may need.

The Cost of Assisted Living vs. Home Care

Costs vary across the country for both services. However, assisted living usually comes with a higher price tag—and often requires residents to make a significant, up-front financial deposit before moving into the facility.

In-home care can offer flexibility and financial savings if your loved one needs assistance at certain times of day. For example, Visiting Angels will customize your caregiver's schedule so you're not paying for services that aren't needed.

At an assisted-living facility, residents pay one price for 24/7 care. While these facilities often offer amenities, such as exercise equipment, social activities, and meal plans, they also increase the overall cost. When considering options, ensure your loved one will use these amenities to justify the higher price.

What Else Do You Need To Know About Assisted Living vs. Home Care?

Other differences between assisted living and home care include:

- Assisted living facilities often have a waiting list for openings, while home care services can typically start within a few days.
- In-home care can be canceled with two weeks' notice, while assisted living involves a permanent move to a new facility.
- In-home personal care providers do not offer medical care, but some assisted living facilities may have medical providers on staff who can deliver health care services.
- Living in a congregate setting may increase the risk of colds, flu, and other contagious illnesses compared to aging in place with in-home care.

Learn More About Visiting Angels' Personalized Home Care Services

Choosing between in-home care and an assisted living facility is a complex decision, and it's essential to explore all options. If you are considering in-home personal care services, Visiting Angels offers free in-home consultations to answer your questions and learn about your loved one's care needs.

To learn more about how professional in-home care can assist, contact your local Visiting Angels agency today at **800-365-4189**.

Angels Cook Book



Cream of Mushroom Soup

5 cups sliced fresh mushrooms	¼ teaspoon salt
1 ½ cups chicken stock	¼ teaspoon ground black pepper
½ cup chopped onion	1 cup half-and-half or heavy cream
⅛ teaspoon dried thyme	1 tablespoon sherry
3 tablespoons butter	
3 tablespoons all-purpose flour	

Instructions:

Gather all ingredients.

Simmer mushrooms, stock, onion, and thyme in a large heavy saucepan until vegetables are tender, 10 to 15 minutes.

Carefully transfer the hot mixture to a blender or food processor. Cover and hold lid down with a potholder; pulse until creamy but still with some chunks of vegetable.

Melt butter in the same saucepan. Whisk in flour until smooth. Whisk in salt and pepper. Slowly whisk in half-and-half and mushroom mixture.

Bring soup to a boil and cook, stirring constantly, until thickened.

Stir in sherry. Taste and season with more salt as desired.

Serve and enjoy!

Nutritional Information

Serving Size: 6 servings • Calories: 165

www.allrecipes.com/recipe/13096/cream-of-mushroom-soup-ii/



Vasilopita (Greek New Years Cake)

2 cups white sugar	½ teaspoon baking soda
1 cup butter	1 tablespoon fresh lemon juice
3 cups all-purpose flour	¼ cup blanched slivered almonds
6 large eggs	2 tablespoons white sugar
2 teaspoons baking powder	
1 cup warm milk (110°F/45°C)	

Instructions:

Preheat the oven to 350°F (175°C). Generously grease a 10-inch round cake pan.

Beat sugar and butter together in a medium bowl until lighter in color; stir in flour and mix until the mixture is mealy. Add eggs one at a time, mixing well after each addition. Combine baking powder and milk; add to egg mixture, mix well. Combine lemon juice and baking soda; stir into the batter. Pour into the prepared cake pan.

Bake in the preheated oven for 20 minutes. Remove and sprinkle the nuts and sugar over the cake, then return it to the oven until cake springs back to the touch, about 20 to 30 additional minutes. Gently cut a small hole in the cake and place a quarter in the hole. Try to cover the hole with sugar. Cool cake on a rack for 10 minutes before inverting onto a plate.

Serve cake warm.

Nutritional Information

Serving Size: 12 servings • Calories: 447

www.allrecipes.com/recipe/15723/vaselopita-greek-new-years-cake/

America's Choice In Home Care®

Since 1998, Visiting Angels has been providing adults and seniors with the needed assistance to continue living at home. At our nationally known, locally owned agency, it is our mission to maintain the independence and familiar surroundings for those in need.

We offer help with personal care, light housekeeping, meal preparation, transportation, shopping, companionship, respite care for families, live-in care and assistance with daily living activities. Call us today for a free, no obligation consultation! We care every day, in every way!

