



6 New Year's Resolutions for Senior Home Care

Seniors and their loved ones typically make New Year's resolutions as the holiday season draws to a close. While eating healthier, exercising more, or taking up a new hobby are common themes, families with older loved ones should consider setting goals for senior care during the coming year.

Benefits of Senior Care Resolutions

Senior care resolutions establish goals and priorities that reflect what is most important to an older loved one. Family members and caregivers can work on ideas to ensure everyone is communicating and on the same page.

Making resolutions can also provide seniors with a sense of purpose and clarity. Having a plan to achieve specific goals can also reduce some of the stress and uncertainty related to aging and caring for an older adult.

Examples of Senior Care Resolutions

Here are six examples of senior care resolutions that you can use to guide discussions with your older loved one, family members, and caregivers:

1. Plan for Senior Care

Your older loved one may live independently right now, but the day may come when they require help with everyday activities. Learn about their wishes regarding elder care. Do

they prefer in-home care or an assisted living facility? What financial or insurance resources are available to pay for their home care? What is most important to them as they age?

2. Organize Medical and Personal Records

Compiling an emergency medical file for a senior could save their life. Organize medical and insurance information and keep it in an easily accessible place. Family members and caregivers should have a copy of the file. You may wish to organize financial information, life insurance policies, wills, and related documents into a separate file.

3. Downsize and Declutter

Many seniors may want to declutter their homes but find it difficult to relinquish a lifetime of belongings. Assist your loved one by sorting through their possessions. Proceed at their pace and allow them to have the final say on what to keep, sell, donate, and discard. The task may take time, but you may enjoy reliving happy family memories together.

4. Stay in Touch

If you live far away or are too busy with a job and family of your own, it can be easy to lose touch with an elderly loved one. Commit to staying in touch by setting up a regular time for phone or video calls. If technology is a barrier, an in-home caregiver can assist with setting up video calls and other communication methods.

5. Utilize Technology

Whether for safety, socialization, commerce, or convenience, a resolution to try technology can help improve your older adult's quality of life. Voice-activated systems are examples of life-enhancing technology designed for older adults.

6. Ask for Help

When it comes to senior care, failing to ask for help can have disastrous consequences. For older adults, it can lead to self-neglect and accidents around the home. For family members, it can lead to caregiver burnout, anxiety, and resentment.

Contact Visiting Angels to learn how professional caregivers can assist your loved one at home and instill peace of mind for you and your family members during the new year and beyond. Call 800.365.4189 today!



How to Help Seniors With Hoarding Problems

The next time you visit an elderly parent or beloved senior, take a good look around their home for signs of clutter or untidiness.

- Are living conditions cramped?
- Is it difficult to move from room to room?
- Can you find open spaces to sit down or place your purse?
- Are countertops, sinks, and tables piled with dirty dishes and other items?
- Does the garage or basement appear to be a dumping ground?
- Are out-of-date medications and expired food items creating a mess?

If so, your elderly loved one may have a hoarding problem.

What is Hoarding and Its Effects on Seniors?

Hoarding is a behavioral disorder characterized by extreme clutter in a home that negatively impacts a person's quality of life. An individual's unwillingness or inability to discard items is also an indication.

Hoarding may not seem dangerous, but it can cause major problems – especially for vulnerable people such as seniors. The risks of hoarding include:

- Difficulty moving safely around the home
- Fire hazards, particularly in the kitchen
- Unsanitary living conditions
- Poor nutrition or food poisoning from expired food and beverages
- Poor medication compliance
- Refusal of help and increased social isolation
- Inability of emergency responders to reach them in the event of an emergency

Addressing a Hoarding Situation With Seniors

Helping people with a hoarding disorder is a challenge, but it is not impossible. Here are some helpful suggestions for family members to consider when handling a hoarding issue:

1. Assign a Point Person

Having one person take the lead when discussing hoarding behaviors can be very useful. Speak with the caregiving team and determine who your loved one is likely to listen to the most.

2. Work Together and Offer Choices

Offer your loved one choices to help them maintain a sense of control. For example, ask if they would prefer to clean the bedroom or kitchen first, or if they want a deep cleaning to begin Monday or on the weekend?.

3. Control Rash Reactions and Be Compassionate

Control your hasty reactions and respond gently when communicating with your senior. Let them know you care about their health, safety, and overall well-being.

4. Take It Slow

Do not rush to clean a senior's home before they are ready unless there is immediate danger, such as visible tripping or fire hazards. Coming into a senior's home and cleaning against their wishes will not fix the problem and may exacerbate it through resentment.

Professional Home Care Can Combat Hoarding

If you need professional home care services to keep your senior's living space free of clutter, consider Visiting Angels. Our dedicated caregivers can help maintain your loved one's home, keep it clean and safe, and provide a sense of social engagement that may decrease hoarding behaviors.

An in-home personal caregiver will provide your elderly loved one with companionship, prevent isolation, and supervise trips outside the house — providing you with peace of mind, even when you can't be there.

Contact us today! Our coordinators are available to discuss your senior care needs and requirements via a free home care consultation.

Angels Cook Book



Baked Ziti

1 pound dry ziti pasta
1 onion, chopped
1 pound lean ground beef
2 (26 ounce) jars spaghetti sauce
6 ounces provolone cheese, sliced
6 ounces mozzarella cheese, shredded
1 ½ cups sour cream
2 tablespoons grated Parmesan cheese

Instructions:

Bring a large pot of lightly salted water to a boil. Add ziti pasta, and cook until al dente, about 8 minutes; drain.

Meanwhile, brown ground beef and onion in a large skillet over medium heat; stir in spaghetti sauce and simmer for 15 minutes.

Preheat the oven to 350 degrees F (175 degrees C). Butter a 9x13-inch baking dish.

Spread 1/2 of the ziti in the bottom of the prepared dish; top with Provolone cheese, sour cream, 1/2 of the meat sauce, remaining ziti, mozzarella cheese, and remaining meat sauce. Top with grated Parmesan cheese.

Bake in the preheated oven until heated through and cheeses have melted, about 30 minutes.

Nutritional Information

Serving Size: 10 servings • Calories: 578
www.allrecipes.com/recipe/11758/baked-ziti-i/



Nana's Cranberry Kuchen

½ cup white sugar
½ cup milk
2 tablespoons vegetable oil
1 egg
1 cup all-purpose flour
2 teaspoons baking powder
½ teaspoon salt
2 cups fresh cranberries, chopped
Topping:
¾ cup all-purpose flour
½ cup white sugar
3 tablespoons butter, softened

Instructions:

Preheat the oven to 375 degrees F (190 degrees C). Grease an 8-inch square cake pan.

Stir sugar, milk, vegetable oil, and egg together until well blended. Add flour, baking powder, and salt; stir until incorporated. Pour into the prepared cake pan and sprinkle chopped cranberries over the top.

Combine flour, sugar, and butter for the topping in a bowl and mix until crumbly. Sprinkle over cranberries in the cake pan.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 25 minutes. Remove from the oven and allow to cool slightly. Serve warm.

Nutritional Information

Serving Size: 12 servings • Calories: 196
www.allrecipes.com/recipe/277584/nanas-cranberry-kuchen/

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!

