

Aug. 2023

HomeTimes®

America's Choice In Home Care

Your resource for an at home senior lifestyle.



Do You Have the Right Care Plan for Your Senior?

A care plan is an essential first step in ensuring the best in-home assistance is provided for a senior loved one who requires professional support at home. So what is a “care plan?”

A care plan is a document that acts as a road map for care between medical professionals, caregivers, and family. It outlines when and how a caregiver will perform specific tasks to meet your loved one's needs. Tasks may include personal care assistance with grooming, activities, mobility, transportation, and household tasks.

How Does a Care Plan Work at Visiting Angels?

Visiting Angels will conduct a free, in-home consultation to assess a senior's needs—physical, emotional, and social. A comprehensive, personalized care plan will be developed to ensure the right services and caregiver are provided.

Supervisors will periodically visit your loved one to ensure the caregiver is completing all assigned tasks. The Visiting Angels' team will also communicate with you about your senior's care.

When Should You Update the Care Plan?

Visiting Angels' caregivers can only focus on tasks outlined in the care plan, which can be adjusted as needs and other factors change. In fact, the best way to ensure your senior is receiving the best personal home care is to review the plan periodically

— or whenever a change in health or circumstances occurs.

Some events that warrant an update may include:

- A health event, such as a stroke or heart attack.
- Diagnosis of a medical condition, such as dementia or heart failure.
- Changes in the family's ability to provide care.
- Aging-related changes in mobility, eyesight, motor skills, or ability to swallow.
- Changes in your loved one's ability to drive, prepare meals, or complete other household tasks.
- Adding or decreasing care hours.
- Adding, removing, or changing tasks the caregiver will perform.

A Visiting Angels' caregiver will monitor for signs—including safety concerns or changes in physical or cognitive conditions—to determine if an update is needed. The caregiver will report concerns to their supervisor, who will contact you.

Visiting Angels' caregivers can also identify and report concerning changes in patients who are living with chronic health conditions, including:

- Cardiovascular disease
- Parkinson's disease
- Dementia
- Chronic obstructive pulmonary disease (COPD)
- Stroke
- Cancer

How Can You Update the Care Plan?

You can request adjustments to the care plan by contacting your Visiting Angels' care coordinator, or you can discuss changes during a supervisory visit.

A detailed, personalized care plan will help ensure your loved one receives the right care at the right time. Whether you are local or live far away, care plans provide peace of mind knowing your loved one is comfortable and happy at home.

If you're interested in our home care services, contact your nearest Visiting Angels agency today or call 800-365-4189.



Home Security Tips to Protect Your Senior Loved One

As more and more seniors choose to age in place in the comforts of home, many family members have legitimate health and safety concerns for their loved ones:

- What if there is a fire, flood, or carbon monoxide leak?
- What if mom falls?
- What if dad suffers a heart attack or stroke?
- What if someone tries to break in?

These worries can be overwhelming for adult children, especially those who live far away from their elderly parents.

But concerned families—near and far—can gain some peace of mind through innovative home security devices that protect seniors from potential dangers and threats.

Home Security Devices for Seniors

A whole range of user-friendly home security systems and gadgets are available for individuals fretting about an elderly loved one's safety. Some popular home security devices include:

Video Doorbells

A video or “smart” doorbell is an excellent choice for older adults who have trouble getting to the door quickly. Most video doorbells connect to a video camera that displays an image of the person outside the door. These devices also have a two-way speaker system that allows the homeowner to communicate with the visitor. Certain video doorbells have additional features, such as automatic face detection, video storage for later review, and even remote monitoring through a smartphone or mobile app.

Indoor and Outdoor Cameras

Indoor and outdoor cameras can be handy for maintaining home security. Many camera systems can connect to a smartphone or computer for remote monitoring. Indoor security cameras may also provide a two-way speaker system to help family members and their elderly loved ones to communicate.

Automatic Lights

Automatic lights (“smart lights”) are a great option for seniors who have trouble seeing in low-light conditions. Automatic light systems can turn on when someone comes home or opens certain doors. The systems can be scheduled to turn lights on and off at certain times of the day.

Automatic Door Locks

Automatic door locks – also known as smart door locks – provide an extra layer of security. These locks close automatically so you know your loved one won't forget to lock the door after coming home. Some smart locks can be set on a schedule to make sure they lock after a certain time.

Outdoor Motion Sensors

Motion sensors can be placed around the perimeter of a home to detect and deter unwanted company. Motion sensors detect movement and send an alert to a control panel or base set. Some systems will contact authorities for assistance. Many motion sensors now come equipped with automatic lights, cameras, and even sirens to provide an additional deterrent.

Door and Window Alarms

When a door or window sensor is triggered, these devices will send an alert to you and the authorities. A loud alarm will also occur to frighten an intruder and alert neighbors. Door alarms can also help family members keep track of an elderly loved one who may wander at night.

Medical Alert Systems

Medical alert systems have come a long way in recent years. In addition to wearable devices that can be activated with the push of a button to summon emergency aid, medical alert systems can respond to voice and monitor individuals for falls or other emergencies. Most medical alert systems can also be programmed to alert a caregiver in the event of an emergency via phone call or text message.

If you want multiple security options but don't want to install each individually, consider purchasing a complete home security system. Many systems come bundled with a variety of safety features. Most complete home security systems enable users to connect to smartphones or other smart devices for remote monitoring. In addition, some complete home security systems may also have the option to purchase 24/7 professional monitoring.

Professional Home Care Can Help

In addition to purchasing a home security device, seniors can rely on a Visiting Angels' in-home caregiver to help them stay healthy, happy, and protected. Discover how hiring a senior care aide is another popular resource that provides safety benefits and much more.

Our care coordinators are available to discuss this and more via a free home care consultation.

Angels Cook Book



Lime Chicken Soft Tacos

1 ½ pounds skinless, boneless chicken breast meat - cubed	½ teaspoon ground black pepper
2 green onions, chopped	10 (6 inch) flour tortillas
⅛ cup red wine vinegar	1 tomato, diced
½ lime, juiced	¼ cup shredded lettuce
2 cloves garlic, minced	¼ cup shredded Monterey Jack cheese
1 teaspoon dried oregano	¼ cup salsa
1 teaspoon white sugar	
½ teaspoon salt	

Instructions:

Sauté chicken in a medium saucepan over medium high heat until tender, about 15 to 20 minutes.

Add green onions, vinegar, lime juice, garlic, oregano, sugar, salt, and pepper. Simmer over low heat for 10 minutes.

Heat an iron skillet over medium heat. Place a tortilla in the pan, warm, and turn over to heat the other side. Repeat with remaining tortillas.

Serve lime chicken mixture in warm tortillas topped with tomato, lettuce, cheese and salsa.

Nutritional Information

Serving Size: 10 servings • Calories: 204

www.allrecipes.com/recipe/25371/lime-chicken-soft-tacos/



No Bake Lime Mousse Torte

2 cups gingersnap cookie crumbs	2 ½ cups heavy cream, divided
2 tablespoons white sugar	9 ounces white chocolate, chopped
5 tablespoons melted butter	3 (8 ounce) packages cream cheese, softened
1 (.25 ounce) envelope unflavored gelatin	1 cup white sugar
⅔ cup lime juice	2 tablespoons grated lime zest

Instructions:

Combine cookie crumbs and sugar in a large bowl. Pour in melted butter, and mix thoroughly. Press into the bottom and one inch up the sides of a 10-inch springform pan.

Sprinkle the gelatin over the lime juice in a small bowl, and set aside to soften.

Bring 1/2 cup of whipping cream to a simmer in a heavy pan. Remove from heat, and pour over the chopped white chocolate. Let soften for two minutes, then whisk until smooth. Mix the gelatin into the warmed chocolate until melted; set aside to cool to room temperature.

Beat remaining 2 cups of cream to stiff peaks in a large bowl, and set aside.

Beat the cream cheese and the sugar with an electric mixer until well blended. Slowly blend white chocolate mixture into cream cheese, then mix in lime zest. Fold the whipped cream into the cream cheese mixture, and pour into prepared crust. Cover pan with plastic wrap, and refrigerate overnight.

Nutritional Information

Serving Size: 12 servings • Calories: 669

www.allrecipes.com/recipe/54684/no-bake-lime-mousse-torte/

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!

