

HomeTimes®

America's Choice In Home Care

Your resource for an at home senior lifestyle.



Companion Care vs. Personal Care

If you're deciding whether non-medical home care is the best option for a loved one, you probably heard the terms "companion care" and "personal care." These two at-home services may seem similar, and many people use the terms interchangeably, but they are different.

You can select the right home care service for a family member or friend by understanding the benefits of each.

Companion Care for Essential Needs

Companion care is a non-medical home care service that provides essential support for seniors and disabled adults. This type of care usually entails emotional and social assistance and can provide the following:

- Appointment and activity scheduling
- Communicating with family members and care team
- Companionship
- Diet monitoring
- Emotional support
- Light housekeeping and errands
- Meal preparation
- Medication reminders
- Transportation to appointments

Companion care DOES NOT include medication management or direct physical assistance with daily activities such as dressing, bathing, or toileting.

Personal Care for More Intensive Needs

Personal care involves all the duties performed by a companion caregiver, however, it can also help seniors with "Activities of Daily Living" (ADLs), such as:

- Bathing
- Dressing
- Grooming and personal hygiene
- Mobility and transfer assistance
- Toileting

Personal caregivers can also remind seniors to take their medications at the prescribed times.

Overall, personal care is best for older adults who may have cognitive or physical disabilities or have more intensive physical care requirements.

Which Type of Home Care is Right for Your Senior?

While both services help older adults to age-in-place safely and comfortably, they are not the same.

Companion care is ideal for seniors who primarily need social support and could benefit from some assistance with light housekeeping or errands. Personal care is reserved for older adults who require direct physical assistance, have significant difficulty with mobility, or have a chronic health condition, such as diabetes or dementia.

Make sure to speak with your loved one to determine what type of care they might need. Having them included when hiring a caregiver can make the transition easier.

For additional support in determining which kind of home care is right for your senior loved one, consider a Visiting Angels' free home care consultation. Call 800.365.4189 today for more information.



The Impact Grandchildren Can Have in Senior Care

Senior care is typically considered the responsibility of a spouse or adult child for many families across the United States. While more millennials are becoming primary caregivers, the effect of grandchildren in caring for elderly relatives is often overlooked.

The relationship between a grandparent and grandchild is extremely strong and can have a huge impact on the overall care and quality of life for seniors.

Senior Home Care Tips for Grandchildren

Grandchildren of all ages – from toddlers to teenagers – can be an important part of a caregiver team. Here are a few suggestions for how grandchildren can assist with elder care at various ages and stages:

Babies, Infants, Toddlers, and Preschoolers

While it may seem there is no place for babies and infants in elder care, there is still a role very young children can play. The elderly are at high risk for social isolation. Bringing a young child along when you care for mom and dad can instill joy in your parents' lives and help improve their social and emotional health.

Seniors who receive regular social interaction – including engagement with young children – show signs of better physical health, including healthier blood pressure, a decreased risk of disease, and delayed cognitive decline. Watching or supervising a young grandchild can be an excellent diversion for grandparents who need some limited supervision but are otherwise able-bodied and sound of mind.

Ask mom or dad to take care of the baby or play with your preschooler while you manage some of your parent's needs in the background, such as cooking meals for the week, cleaning the home, sorting medications, or paying bills.

Grade-Schoolers and Pre-teens

Children at this age can perform minor tasks, such as bringing

water to grandma or grandpa or fetching the TV remote or a pair of eyeglasses.

Pre-teens can take on more responsibility, but it should still be limited to simpler chores such as wheeling grandma or grandpa around, helping put on jackets, shoes, or sweaters, and assisting with phone calls or computer needs.

Give your children time to bond with grandma and grandpa with more fun activities. Encourage them to exchange stories, watch movies, read books, and work on puzzles or play board games together.

Teenagers and Young Adults

Older grandchildren can begin to take on more caregiving responsibilities. Younger teenagers can be excellent sitters for grandparents who need minor non-medical assistance and supervision for short periods.

Having something specific to do together—such as watching a movie, playing board games, or reading to each other—helps “grandparent-sitting” go smoothly. Spending time together as grandchild and grandparent can be an excellent bonding experience and give parents a well-deserved break.

As teenagers grow into young adults, they can take grandma or grandpa on a walk, keep them company on errands, or go out for a drive together. Older and more responsible grandchildren can escort their grandparents to a doctor's appointment, help with medication reminders, and even assist with mobility, grooming, or toileting needs. Young adults—especially those whose parents are deceased—may also decide to hire professional in-home care support when needed for their grandparents.

Grandchildren Can Be an Asset in Senior Care

Grandchildren have the potential to be a big benefit in senior care. Their presence can have a positive impact on your parent's mental and physical health. When grandchildren become older, they can take on increased caregiving responsibilities and provide additional physical and emotional support

If you need more caregiving assistance, consider a free care consultation to learn how Visiting Angels' professional caregivers can help.

Angels Cook Book



Chicken, Apple, and Brussels Sprout Sheet Pan Dinner

2 cups Brussels sprouts, halved
1 red apple, cut into 1-inch cubes
1 (4 ounce) package pancetta
2 tablespoons olive oil, divided
1 teaspoon minced fresh rosemary

6 skinless, boneless chicken thighs
salt and ground black pepper to taste

Instructions:

Preheat the oven to 425 degrees F (220 degrees C).

Toss Brussels sprouts, apple, and pancetta with 1 tablespoon olive oil and rosemary in a bowl. Spread into a single layer on a sheet pan.

Leave space on the pan for the chicken thighs. Toss chicken with the remaining 1 tablespoon oil in the same bowl; place on the sheet pan. Sprinkle salt and pepper on top.

Bake in the preheated oven, stirring the Brussels sprouts mixture every 15 minutes, until chicken is no longer pink in the center and the juices run clear, 40 to 45 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Nutritional Information

Serving Size: 6 servings • Calories: 265

www.allrecipes.com/recipe/262533/chicken-apple-and-brussels-sprout-sheet-pan-dinner/



Best Bread Pudding with Vanilla Sauce

Bread Pudding:

3 cups whole milk
1 ½ cups white sugar
¼ cup butter, melted
3 eggs, beaten
2 tablespoons light brown sugar
½ teaspoon ground cinnamon
10 slices hearty farmhouse-style bread, toasted and cut into cubes
1 cup raisins

Vanilla Sauce:

1 ¼ cups whole milk
½ cup light brown sugar
2 tablespoons butter, melted
1 egg
1 tablespoon all-purpose flour
1 pinch ground cinnamon
1 pinch salt
1 tablespoon vanilla extract

Instructions:

Preheat the oven to 375 degrees F (190 degrees C). Grease a 2-quart baking dish.

For bread pudding, whisk together milk, sugar, melted butter, eggs, brown sugar, and cinnamon in a mixing bowl. Gently stir in bread cubes and raisins. Lightly spoon mixture into the prepared baking dish.

Bake in the preheated oven until browned and set in the middle, 50 to 55 minutes; cover the dish with foil after 30 minutes to prevent excessive browning. Let pudding stand for 10 minutes before serving.

For vanilla sauce, whisk together milk, brown sugar, butter, egg, flour, cinnamon, and salt in a heavy saucepan until smooth. Cook over medium heat, whisking constantly, until sauce is thickened and coats the back of a spoon, 10 to 12 minutes. Stir in vanilla extract.

Pour sauce over warm bread pudding or serve on the side in a bowl.

Nutritional Information

Serving Size: 8 servings • Calories: 546

www.allrecipes.com/recipe/217181/best-bread-pudding-with-vanilla-sauce/

Visiting Angels of Coeur d'Alene and Northern Idaho

Grandchildren at any age can be of significant importance to seniors and their grandchildren for several reasons. This family bond contributes to emotional, social and psychological well-being for everyone involved.

Some ideas:

Cooking and Baking: Share family recipes and spend time cooking or baking together. Grandparents can teach grandchildren traditional dishes, while grandchildren can add a modern twist to family favorites. This activity encourages teamwork, creativity, and fosters a sense of culinary tradition.

Storytelling and Reading: Grandparents can share stories from their childhood or read books together with their grandchildren. This activity not only promotes literacy but also creates opportunities for meaningful conversations and bonding over shared experiences.

Games and Puzzles: Play board games, card games, or puzzles together. This is a fun way to engage in friendly competition, problem-solving, and critical thinking while creating opportunities for laughter and shared enjoyment.

Family Traditions and Rituals: Participate in family traditions or create new ones together. Whether it's celebrating holidays, attending religious services, or commemorating special occasions, engaging in family rituals fosters a sense of belonging, continuity, and shared identity across generations.

In summary, grandchildren play a vital role in the lives of seniors, offering love, companionship and support that enhances their overall quality of life. This intergenerational relationship is one of the most important relationships to be cherished by both the young and the old.

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!



Visiting Angels of Coeur d'Alene and Northern Idaho

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