

# HomeTimes®

## America's Choice In Home Care

Your resource for an at home senior lifestyle.



## Senior Home Care Can Help Both Parents

In order to help your senior parents age in place safely, comfortably—and together—Visiting Angels® offers a range of personalized programs to match each parent's home care needs, including:

### Companion Caregiving

Companion care assists with essential tasks – including light housekeeping, running errands, and meal preparation – your parents may have trouble completing on their own. Companion caregiving can be useful for seniors who can safely care for their spouses but no longer have time or energy to devote to themselves or their individual daily activities.

### Personal Caregiving

A personal caregiver (also known as a private caregiver) provides all the services of a companion caregiver plus assistance with dressing, hygiene, bathing, toileting, and medication reminders. If your parents want to continue living together at home but one needs more help with bathing or using the restroom than their partner is able to provide, personal care can be an ideal option.

### Specialized Home Care

Visiting Angels offers a wide range of specialized home care services through our Life Care Navigation™ Program. Caregivers

can assist one or both of your parents with:

- Alzheimer's or dementia care
- Ready-Set-Go Home hospital-to-home transitional care
- Safe and Steady Fall Prevention
- Social care
- Palliative care
- End-of-life care

Whatever your parents' care needs, Visiting Angels can find the right program or combination of personalized programs to support them.

### Respite Care

If you are regularly caring for an elderly parent or one of your parents is caring for their spouse, respite care can provide a much-needed break to avoid burnout and help maintain personal and healthy relationships.

### The Right Home Care for Both Parents

Helping your senior parents age together safely and comfortably at home can be a challenge, especially when each spouse has different care needs. If you need help finding the right home care for each parent without separating them, Visiting Angels' senior home care is your best solution.

***Our care coordinators can provide a free care consultation to discuss the best services and programs to help your senior parents remain safe and comfortable at home together. Contact your nearest Visiting Angels office today at 800-365-4189.***



## Is Your Senior Loved One Lonely?

“Being alone” and “feeling lonely” are not necessarily the same. Being alone is a physical experience occurring when a person is not surrounded by other people. Feeling lonely or isolated, on the other hand, is a mental and emotional experience that could harm an individual’s physical and mental well-being.

Senior loneliness can cause significant emotional distress, especially during times of increased anxiety.

The U.S. Centers for Disease Control and Prevention (CDC) cites research that says nearly one-fourth of adults aged 65 and older are considered to be “socially isolated” and could be at risk for cognitive decline, dementia, depression, heart disease, and other ailments.

### Signs Your Seniors May Feel Lonely

Because of these health risks, family members need to recognize when loved ones feel isolated. Here are some signs to determine if help is needed:

#### Personality and Behavior Changes

Has your senior recently started to behave differently? Have they been significantly quieter, cutting themselves off from family and friends, enjoying their favorite activities less, or making more negative comments about themselves? Are they experiencing frequent mood swings, forgetfulness, or feelings of apathy? If so, they may be feeling the stress of loneliness.

#### Diminished Self-Care

If you notice your senior is appearing more unkempt or allowing their household to become messy, they may be struggling and need your help. Losing or gaining weight, eating less, overeating, or abandoning regular daily routines, such as going for a walk, are also signs they need assistance.

#### Loss of a Spouse or Friends

The loss of a spouse, family member, or close friend can contribute to a downward spiral, emotionally and physically. For older adults who have spent a long time together, losing a spouse or friend can be overwhelming. Even years after a loss,

your loved one may still feel secluded.

## Helping Seniors Through Effects of Loneliness

You can help your elderly loved one feel more connected through the following tips and recommendations:

### Stay in Contact

Reaching out to your elderly loved one can prompt them to engage in social interaction again and help reduce feelings of isolation. Check in at least a few times a week to have a meaningful conversation, enjoy a game or meal together, or just to ask how they are feeling and if they need anything.

### Find Activities to Do Alone

Being alone can be challenging for older adults, but there are healthy activities they can partake in to improve their well-being. They may be interested in embracing an old pastime or learning an entirely new hobby. If your senior is having trouble finding activities to do alone, suggest learning a new one together or ask them to teach you about an old hobby they once enjoyed.

### Adopting a Pet

A pet can be helpful for some seniors dealing with feelings of solitude. Pets can be loyal companions and offer some of the same emotional benefits as human interaction. Caring for a pet may also help your loved one stay active and engaged. Of course, not every older adult is equipped to handle a pet, so make sure you carefully consider their needs and ability to meet a pet’s necessities before suggesting this as an option.

### Companion Care

Companion caregivers from Visiting Angels help older adults continue to age in place at home safely and comfortably by assisting with essential senior care duties. Companion care can help provide the social interaction your loved one may be missing. Having someone to go on a walk with or have meaningful conversations can boost their spirits. Even just having a familiar face to see regularly can reduce their melancholy.

### Visiting Angels is Here to Help

Are you contemplating companion care services for an elderly loved one? Our Visiting Angels care coordinators are available to discuss your loved one’s needs during a free home care consultation. Schedule a no-risk, no-cost consultation with your nearest Visiting Angels’ home care location today.

***Our Visiting Angels care coordinators are available to discuss your loved one’s needs during a free home care consultation. You can reach your nearest local office by calling 800-365-4189.***