

June 2023

# HomeTimes®

## America's Choice In Home Care

Your resource for an at home senior lifestyle.



## Select Your Caregiver® by Visiting Angels

When you choose professional in-home care services for a loved one, you should have complete confidence in the assigned home caregiver. In fact, confidence is key to your peace of mind and your loved one's comfort.

Visiting Angels believes any successful home care plan relies on finding the right caregiver for every individual. Through its Select Your Caregiver program, Visiting Angels provides a personalized recommendation to successfully match your loved one with the right caregiver for their needs and preferences.

### How Does "Select Your Caregiver" Work?

After performing an initial consultation and a free home care assessment at your loved one's residence, a care coordinator will work with you to develop a comprehensive care plan. The plan will outline specific personal care services and requested days/times to ensure everyone is on the same page.

During this process, the care coordinator will get to know your loved one by asking questions about their life, family, hobbies, preferences, and health conditions. The care coordinator will use this information to recommend a caregiver whose skills, experience, personality, and availability align with your loved one's needs and expectations.

If — for any reason, at any time — you feel the caregiver

isn't the right match, the care coordinator will recommend a different home care aide.

### What Are the Benefits of Select Your Caregiver?

With our extensive expertise in home care, the entire team at Visiting Angels knows how important the caregiver-client relationship is to a successful experience. We get to know our clients personally, which gives us the best chance of recommending a caregiver who is a perfect fit.

A Visiting Angels' care coordinator will recommend a caregiver who has:

- Availability to match with preferred schedules and routines.
- An approach to care that fits with different personalities.
- Skills and experience that align with specific requests.
- Experience caring for individuals with health conditions, such as dementia or Parkinson's disease.
- Similar interests and hobbies that foster camaraderie and companionship.
- An understanding of special needs, health issues, and preferences.

### How Do I Get Started With Visiting Angels?

If you are considering professional in-home personal care, a Visiting Angels' local home care agency will provide the information you need to make the right decision for your loved one. We offer no-cost, no-obligation home care assessments in the comfort of your loved one's home.

**Contact your nearest Visiting Angels office today by calling 800-365-4189 to find out more.**



## 6 Early Signs of Dementia

Forgetting a person's name, appointment, or computer password can be frustrating, but it's usually not a major concern. However, when your aging loved one struggles with their memory, can't concentrate, and demonstrates significant personality changes, then something more serious—such as dementia—could be the culprit.

While more than 5 million adults 65 or older are living with dementia, the signs are sometimes subtle or overlooked by family and friends. Identifying early signs of dementia and seeking appropriate medical care can help your senior connect with helpful dementia care resources to manage their condition.

### *What Are Early Dementia Signs and Symptoms?*

If your loved one occasionally struggles with their memory, it doesn't necessarily mean they have dementia. Though dementia involves memory loss, the condition affects each person differently and worsens over time. Make sure to pay attention to tell-tale symptoms.

Early signs of dementia may include:

#### **1. Forgetting recently learned information**

Does your loved one routinely forget information they just learned? For example, asking what's for dinner when you just told them spaghetti or asking someone their name when the person just introduced themselves could indicate a problem.

#### **2. Repeating stories or questions**

When your loved one repeats stories or asks the same questions constantly could be a significant short-term memory issue.

#### **3. Getting lost or disoriented in familiar places**

One of the most common and obvious signs occurs when an older adult suddenly becomes disoriented or lost when going to the grocery store, the doctor's office, a relative's house, or another familiar location. Getting lost or disoriented is a serious safety concern that should be addressed with a doctor.

#### **4. Unable to follow directions or focus on familiar tasks**

Struggling to complete tasks such as paying bills, operating the TV, sending an email, or following a recipe — especially when these tasks were never challenging — could signal the onset of dementia.

#### **5. Becoming confused about time, people, and places**

Not remembering what day/month/year it is, struggling to recognize familiar family members, or becoming confused at home are concerning symptoms that should prompt a visit to the doctor.

#### **6. Neglecting personal safety, hygiene, and nutrition**

Dementia can cause seniors to do dangerous things, such as walking on busy roads at night. Unintentional weight loss, unkempt appearance, body odor, cluttered home environment, and other self-neglect patterns could also be indicative signs.

If you notice your loved one is routinely experiencing any of these six warning signs — or if symptoms are getting worse or occurring more frequently — you should schedule an appointment with a doctor, who can make a complete assessment.

### *Living with Dementia*

People with dementia need to be under a doctor's care to identify early signs and seek medical care as soon as possible. Although no cure for dementia exists, some medications and strategies can help to alleviate symptoms.

Dementia is a progressive disease that worsens over time, so you should create a plan to ensure your loved one receives the personal care they need. You can help your senior age safely and comfortably in their home with the assistance of an in-home personal caregiver. A professional caregiver from Visiting Angels can do the following:

- Assist with personal care and housekeeping tasks.
- Maintain daily and weekly routines.
- Provide companionship and social interaction.
- Reduce the risk of falls, injuries and accidents.

***Call your local Visiting Angels office at 800-365-4189 for more information on how Visiting Angels can provide in-home support for your senior loved one.***