

HomeTimes



America's Choice In Home Care

Your resource for an at home senior lifestyle.



10 Benefits of 24-Hour Home Care

Seniors living with chronic health conditions or physical and emotional limitations may need around-the-clock support at home, but the constant care they require can sometimes be difficult for families. While most seniors want to age in place at home, they may be reluctant to move in with a family member or to an assisted living facility.

Live-in and full-time home care can be a better option. Professional caregivers provide the 24/7 care seniors need – day and night – in the comforts of home.

Why Choose 24-Hour Home Care?

Simple, everyday tasks can become challenging and frustrating for seniors with physical and medical issues. Professional caregivers from Visiting Angels can handle these daily responsibilities with support and companionship.

Here are 10 benefits for choosing 24-hour home care:

1. Personalized Care

A one-on-one support system enables a high level of personal care for seniors. Meals, activities, and other requests can be tailored to your loved one's preferences.

2. Independence

A professional caregiver can instill stability and independence for seniors to help them feel confident at home.

3. Safety

Professional home caregivers can identify fall and accident risks

as well as other potential household hazards. They can act as your eyes and ears to monitor and protect your loved one.

4. Affordability

Nursing homes and other living facilities can be expensive. Knowing you're getting reliable, affordable home care is a cost-effective advantage of a 24/7 live-in caregiver.

5. Friends and Family Support

When your loved one is comfortable in their home, they can welcome and entertain family and friends. Visitors can come when they want, unlike in nursing homes that have designated visiting hours.

6. Lifestyle Maintenance

Many things change when seniors move into a nursing home – a new room, surroundings, people, and schedules. All of these transitions can disorient and upset them. A 24-hour home caregiver will make sure they receive the support they need—without disrupting their normal routine.

7. Companionship

A 24-hour professional caregiver offers emotional support and one-to-one companion care. A home care aide provides seniors with an acquaintance they can rely on and prevent loneliness.

8. Respite for the Family Caregiver

A 24-hour caregiver can provide families a brief break by offering a helping hand with household responsibilities. Families can rest easy knowing there is a caring, competent professional taking care of their loved one.

9. Incidental Transportation Assistance

Professional caregivers can help with day-to-day transportation to and from doctor appointments, grocery store visits, and other out-of-home activities. A 24-hour home care aide can arrange transportation for your loved one and make sure they get home safely.

10. Assistance with Chores

Everyday tasks around the home can become too difficult for the elderly to accomplish. A in-home caregiver can tackle these chores and keep the house clean and orderly.



Simple & Effective Exercises Seniors Can Do at Home

Regular exercise is one of the best activities seniors can do to maintain—and enhance—their overall health. Some seniors may resist or fear physical exercise due to chronic health conditions or the potential for injury. The truth is, in most cases, the advantages outweigh the risks as long as the exercise program is appropriate for their physical condition and approved by a physician.

Many health benefits exist for seniors who exercise regularly, including:

- Muscle mass maintenance
- Mood and attitude improvement
- Mobility and balance improvement
- Cognitive ability improvement
- Immune system support
- Weight management
- Prevention and management of chronic diseases, such as cardiovascular disease or diabetes

Seniors don't need a gym membership or fancy workout equipment to obtain these health benefits. They can do the following simple exercises in the comforts of home.

Chair Exercises

Chair exercises can be an alternative for seniors with mobility or standing issues. Chair exercises, performed with a chair and occasionally some light weights, strengthen a wide range of muscles. Good chair exercises to start with include:

- **Seated front shoulder raises** (targets the chest and arms): Hold a pair of light weights at your side with palms facing toward the body. Sit with your back straight against the backrest of the chair. Keeping your core tight and your chest forward, slowly raise the weights until your arms are parallel to the floor. Then slowly lower your arms to the starting position.
- **Tummy twists** (targets the core): Sit toward the edge of the

seat while keeping your core tight and the chest forward. Hold a medicine ball or similar object of comfortable weight in your lap with one hand on each side and elbows bent. Then, raise the medicine ball a few inches off your lap and rotate your body to the left, while keeping the medicine ball in front of your body. While holding the medicine ball, rotate your body to the middle, to the right, and back to the middle to complete a full repetition.

- **Chair squats** (targets the legs): Sit toward the edge of the chair to allow for more room to move. Keep your core tight and back straight, make sure your chest is forward. While holding the medicine ball, rotate your body to the middle, to the right, and back to the middle to complete a full repetition. Then, slowly stand up until fully upright while keeping your knees pointed outward. Maintain the same knee orientation and slowly sit down.

Stretching Exercises

Stretches are great for increasing flexibility and relieving joint pain. Many stretches can be done in a chair or even on a bed for seniors with more limited mobility.

- **Overhead side stretch:** Stand straight with feet at hip-width. Raise your arms overhead and gently lean to one side. Hold for 10 to 30 seconds, and then return to center. Repeat the stretch on the other side.
- **Calf stretch:** Stand with one leg forward and slightly bent, and the other straight behind you. If needed, hold on to a wall or counter for support. Then gently press your rear heel into the floor until you feel your rear calf stretch. Hold for 10 to 30 seconds. Repeat with the other leg.

Yoga and Tai Chi

Joining an online yoga or tai chi class is another excellent way for seniors to exercise at home. Yoga and tai chi involve following an instructor through a series of poses while concentrating on breathing and focusing the mind.

Both tai chi and yoga improve balance, strength, and flexibility, but they are slightly different. Yoga focuses on holding poses and is performed standing or on the floor. Tai chi involves more fluid movement from pose to pose and is done standing. Both are great options for seniors.

Walking

Whether walking in place at home or taking a stroll around the neighborhood or at a local park, walks are low impact and easy on joints. They also improve cardiovascular health and can be a great way for seniors to get out of the house and socialize.

Whether serving as a walking partner for strolls around the neighborhood or reminding your senior to do their physician-prescribed exercises, a qualified, Visiting Angels in-home caregiver can help your loved one take steps to maintain their fitness and quality of life. Contact your local Visiting Angels' office today to discuss the right care for your loved one at 800-365-4189.