

HomeTimes

America's Choice In Home Care®

Your resource for an at home senior lifestyle.



Long-Distance Home Care Can Brighten a Senior's Holidays

As the holidays approach, families around the country look forward to celebrating together in person. But for some seniors who live far from their loved ones, the holiday season may be a time of loneliness.



Sometimes, families can't be together during the holidays due to the financial cost of travel, busy work schedules, or other commitments. The time away from family and friends can be especially difficult for the elderly.

Long-Distance Care Support for Seniors

Visiting Angels long-distance care services can help seniors who aren't able to spend time with their loved ones. Our compassionate caregivers can provide holiday cheer in a variety of ways, including:

Companionship

The holidays, unfortunately, can be a time of loneliness, leading to feelings of isolation and depression. For some seniors who have recently lost family members and friends, the holidays can be a reminder of that loss.

Visiting Angels can give your loved one the emotional support they need. A supportive, compassionate caregiver can be a powerful tool to combat feelings of loneliness and help foster the holiday spirit.

Our long-distance caregivers can help your senior stay in touch with family during these special times. Although some seniors may have difficulty managing a video call on their own, our caregivers will help them navigate unfamiliar technology and celebrate remotely with their loved ones.

Maintaining Holiday Traditions

Some older adults may feel depressed as the limitations of age impede beloved holiday traditions. Preparing a large holiday dinner might be too overwhelming for mom and dad to handle alone or they may no longer be physically capable of decorating their home for the season. These time honored traditions can become reminders of limitations.

At Visiting Angels, we support seniors living far from their loved ones through our dedicated long-distance services. Caregivers can assist with holiday traditions that may be challenging for your senior loved one, like helping Dad decorate the tree or assisting Mom in the kitchen as she prepares festive meals. Our caregivers can also help with grocery shopping for those holiday meals, so that your loved ones have everything they need.

Most importantly, with the support of our caregivers, your senior can celebrate the season in their own way, in the comfort of their home, giving you peace of mind.

Holiday Shopping

Visiting Angels can help with essential errands. Our caregivers can accompany your loved one on shopping trips, carry bags, push carts, wrap gifts, ship packages, and mail seasonal greeting cards.

If distance separates you and your loved one, give them the gift of Visiting Angels home care services to help them feel connected and make the most of their holidays. Contact your local Visiting Angels agency today at **800-365-4189**.



4 Ways to Improve an Indoor Environment for Seniors

If your aging loved one spends most of their time inside the house, it's critical to enhance their indoor living environment. Every older adult should benefit from a clean and comfortable dwelling—free of unpleasant odors, excessive dust, leaks, mold, and other health hazards.

However, as people age, they often experience changes in their senses and may not smell strange odors or notice when the temperature changes. Older adults may also develop mobility and cognitive issues that prevent them from identifying household problems or necessary repairs.

Professional Care Services Can Maintain a Healthy Home for Your Senior Loved One

A professional caregiver can offer companionship and in-person support for your loved one while upholding sanitary conditions inside their home. Here are a few tasks a Visiting Angels' in-home caregiver can provide to help your senior maintain a healthy indoor environment:

Ensure the HVAC System is Functional

If a house becomes musty, stuffy, too hot, or cold, the culprit could be the HVAC system. A quick test using the thermostat might be all it takes to determine if settings are incorrect or if certain systems

aren't working. A caregiver can monitor for issues and alert you when to contact an HVAC professional. Consider asking an HVAC company to schedule an annual service visit to ensure your loved one's system functions properly.

Let in Some Fresh Air

Open windows can improve indoor air freshness—but it's important to check local air quality if your senior has asthma or allergies. Open a patio door or a window to aerate the indoor environment for just a few minutes when the weather outside is ideal.

Eradicate Odors

Visiting Angels can assist with light housekeeping duties that keep the home odor-free. A caregiver can lend a helping hand to replace a dirty pet bed, clean out spoiled food in the refrigerator, spray fabric refresher on a favorite chair, put a little baking soda down the kitchen drain, and do other tidying tasks.

Manage Indoor Allergens

A professional caregiver can help prevent common indoor allergens such as dust mites, pet dander, mold, insects, and other pests. They can clean those hard-to-reach spaces, vacuum rugs, or remove dust to prevent allergy flare-ups.

Visiting Angels will help your older adult stay safe and comfortable by maintaining a clean, healthy home. Learn how our professional caregivers can provide personalized home care services by contacting your local office to schedule a no-cost, no-obligation in-home consultation at **800-365-4189**.