

HomeTimes®

America's Choice In Home Care®

Your resource for an at home senior lifestyle.



Understanding the Benefits of Senior Home Care

When looking for professional senior care for a loved one, it's common to weigh the pros and cons. Understanding the benefits of home care services can help you make an informed decision about whether it is the right decision.



What Do In-Home Caregivers Do?

Professional caregivers provide non-medical support to older adults who want to age in place at home and maintain their independence for as long as possible. In-home support can provide the following services customized to your loved one's needs:

- Bathing & Dressing Assistance
- Laundry & Light Housekeeping
- Errands & Shopping
- Medication Reminders
- Meal Preparation
- Incidental Transportation

Professional companion care offers socialization and interaction to help reduce the risk of anxiety, isolation, and depression in seniors. For those with advanced needs, specialized services include Alzheimer's care, dementia care, and end-of-life care.

What Are the Benefits of In-Home Care?

When you choose in-home assistance, you are investing in your loved one's safety, comfort, and well-being. Benefits of in-home care include:

Personalized, One-On-One Support

Your loved one will benefit from focused attention by an experienced professional who will learn their individual needs, preferences, habits, and interests to offer personalized support.

Fully Customizable

Flexible scheduling lets you choose the days, times, and duration of visits, ensuring your loved one gets help when they need it most. Additionally, you can select the specific services that fit their current requirements and adjust the plan as needs change.

Cost-Effective

You can develop a schedule that fits your budget and saves money by eliminating unnecessary services while maximizing your loved one's well-being.

Emotional Well-Being

Research shows most people over 65 prefer to stay in their homes, where leaving can cause anxiety and stress. In-home care may enable your loved one to remain at home longer and avoid a move to an assisted living or nursing facilities.

Peace of Mind

Whether you're working, on vacation, or taking a break, an in-home provider ensures your loved one gets compassionate care. Respite care is also available for short-term assistance.

Visiting Angels caregivers provide customized, affordable in-home services. Schedule a free home care consultation with a coordinator at **800-365-4189** to learn more.



Healthy Habits for Seniors to Keep Sharp

Maintaining healthy habits greatly enhances seniors' well-being and quality of life. A healthy routine sharpens aging minds and reduces the risk of depression and cognitive decline.

A 2022 *JAMA Psychiatry* study found adults 65+ who rose before 7 AM and stayed active had fewer depression symptoms and performed better on memory and thinking tests.

While not conclusive, the research suggests staying active prevents mental decline or depression, and indicates that staying physically, mentally, and socially active can benefit seniors.

Personalized Care and Companionship

Professional senior care from a reputable home care agency, like Visiting Angels, can help your senior loved one remain active, healthy, and independent through activities like participating in a favorite hobby, attending a social event in the community, or walking together around the neighborhood.

In addition to offering opportunities for engagement and socialization, professional home care can help your senior maintain or cultivate healthy habits by encouraging them to:

Stick to a Routine

Familiar routines bring comfort and keep older adults engaged, happy, and healthy. Whether it's a morning coffee, an afternoon stroll, or a calming bedtime, a Visiting Angels caregiver can help them with the daily rituals they enjoy.

Get Plenty of Sleep

Many seniors attribute sleep problems to normal signs of aging. Visiting Angels can help them feel safe and secure while creating a bedtime routine that encourages restful sleep.

Eat Healthy

As your loved one ages, their appetite and tastes may change. Certain health conditions such as diabetes, heart failure, or kidney problems may require them to follow a special diet. Visiting Angels can assist with grocery shopping and meal preparation personalized to your loved one's tastes and needs.

Engage in a Variety of Activities

Visiting Angels can help your older adult engage in various activities that address their social, emotional, and physical needs for stimulation—all based on their unique preferences. An in-home professional caregiver will get to know your senior's likes and dislikes and suggest activities that pique their interests.

Visiting Angels Can Promote Healthy Habits

Visiting Angels, a leading provider of senior home care, offers companion care and personal care as well as specialized services for individuals with Alzheimer's disease or dementia. If your loved one needs to maintain or improve their health and wellness, Visiting Angels dedicated in-home care can help them remain engaged, healthy, safe, and comfortable at home.

To learn more about how professional in-home care can assist, contact your local Visiting Angels agency today at **800-365-4189**.