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HomeTimes



America's Choice In Home Care

Your resource for an at home senior lifestyle.



A Day in the Life of a Professional Home Caregiver

If you're thinking about hiring a professional to provide in-home care assistance for a loved one, you might wonder what a qualified caregiver does.

Visiting Angels, a leading national home care provider, employs dedicated individuals who are screened and supported by a local agency management team. These experienced professionals will get to know and understand your loved one to deliver compassionate home care that meets your expectations.



A Road Map of Home Care

What does a "normal day" look like?

A typical day is different for each client due to the personalized nature of care. Visiting Angels will develop and follow a customized plan established during your initial consultation. The plan acts as a "road map" and outlines the tasks and needs scheduled to be completed each day.

Whether you request daytime assistance, overnight care, personal care, or a bit of companionship, Visiting Angels will work closely with you to ensure your loved one receives the comfort and safety they deserve.

Starting the Day (or Night)

When the caregiver arrives, they will greet your senior, assess their needs, consult the plan, and check in with their local Visiting Angels' home care office.

A caregiver in the morning may assist with a daily routine—helping with bathing, dressing, putting on makeup, eating breakfast, and engaging in other daytime tasks. At night, a caregiver may assist with bedtime or simply be there to offer comfort and support.

Providing Companionship and Assistance

Visiting Angels will constantly assess your loved one's requirements for companionship and assistance—honoring their preferences and helping to promote independence, engagement, and dignity.

For example, if your senior is low on groceries and craving a pasta dinner, the caregiver could arrange a trip to the grocery store for the ingredients and help to prepare the meal in the evening. The caregiver could also coordinate activities such as a trip to the doctor's office, helping with a load of laundry, or setting up a video chat with the grandkids.

Your caregiver will monitor well-being, including looking out for hazards around the home and changes in their physical or mental health status. If the caregiver has any concerns, they will alert their local management team, who will communicate with you.

Time to Head Home

Before the caregiver leaves, they will confirm your loved one is comfortable and safe. Depending on the time of day, they may ensure your senior is settled in for the night or prepared for a fresh start in the morning. The caregiver will also review the plan to verify tasks have been completed and may check in with the local office when their shift has ended.

If you're interested in our compassionate home care services, contact your nearest Visiting Angels home care agency today or call **800-365-4189**.



How Visiting Angels Can Make Work from Home Easier

Working remote has enabled many individuals with aging loved ones to become more involved in senior care at home. However, some may find it challenging to balance employment responsibilities with the demands of managing a loved one's care needs long-term.

When working from home, you may need to answer emails, participate in video conference calls, write reports, and do other tasks you conducted at the office. However, it can be difficult concentrating when you need to take frequent breaks to meet the requests of an older adult who is living with you or nearby.

The responsibilities increase—and can be overwhelming—when you factor in family and household duties like school pick-ups/drop-offs, doctor appointments, meal preparation, shopping, and cleaning and laundry.

How Can Visiting Angels Help?

Whether your senior resides with you or not, an in-home personal caregiver can handle senior care tasks during your work-at-home hours.

Here are some benefits of hiring a professional caregiver:

Reduced Interruptions

Frequent interruptions can break your concentration, lower productivity, and limit your ability to host a conference call or talk on the phone. A caregiver can anticipate and meet your loved one's needs so you can devote your full attention to business.

More Companionship

A professional caregiver at home will give your loved one someone to interact with to reduce feelings of loneliness and boredom. Plus, it will allow you to complete your work and catch up with your loved one at a more convenient time.

Increased Safety

If your senior has cognitive, health, or mobility issues, they may need constant attention to maintain their safety. A trusted professional caregiver can be by your loved one's side to prevent accidents and mishaps if critical work tasks have you tied up longer than expected.

Flexibility to Fit Your Schedule

At Visiting Angels, we understand not everyone works 9-5. Our caregivers are available to help you care for your older loved one if you work evenings, overnights, or weekends. We can also assist if you only need part-time care for a few days or hours per week.

Time for Self-Care

Caring for an older loved one while working from home isn't easy. Even if you have help during your workday, it's important to focus on yourself.

Visiting Angels respite care services can give you a break to run errands, attend a social function, or meet personal or family obligations that fall on evenings or weekends.

If working from home while caring for your senior has you feeling stressed and overwhelmed, hiring a Visiting Angels caregiver may be the ideal senior care solution.

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