

HomeTimes



America's Choice In Home Care

Your resource for an at home senior lifestyle.



4 Steps to Begin Home Care

One of the most common mistakes families make when beginning home care services for a loved one is waiting too long. Often after an accident, illness, or self-neglect occurs. Others delay services due to misconceptions about home care, concerns about costs, or lack of pertinent information.

Start thinking about your senior loved one's care needs as soon as possible. Plan to get professional home care assistance from a reputable company like Visiting Angels before a potentially dangerous situation occurs.

How to Start Senior Home Care

Starting senior care services isn't as difficult as you might think. You can put the process in motion via four simple steps:

1. Have a Family Discussion with Your Loved One

Hiring in-home care should always start with a conversation between your senior and family members. Your senior may be resistant to hiring someone to come into their home. The best way to counter your loved one's objections is by letting them know their well-being and safety are your primary concern.

2. Make the Call

Visiting Angels offers no-cost, no-obligation in-home assessments designed to provide older adults and their families with more information about what home care options might be the best fit for their circumstances. To schedule an assessment with a local Visiting Angels agency, call **800.365.4189**.

3. Participate in the In-Home Assessment

During a Visiting Angels in-home assessment, you and your senior will meet with a care coordinator at your senior's home. The assessment will enable you to learn about Visiting Angels' services and ask questions. It also helps your care coordinator get to know your senior.

Topics of discussion include:

- Personal care needs
- Favorite activities and hobbies
- Scheduling
- Logistics and policies
- Needs for transportation, meal prep, light housekeeping, etc.

Home safety and fall risk assessments are available as well as recommendations to enhance your senior's safety and quality of life.

Visiting Angels care coordinators are experts at helping seniors and families feel at ease. In fact, many families believe an in-home assessment helps resolve initial resistance and concerns about hiring an in-home caregiver.

4. Sign the Agreement for Services

You will need to sign a Client Services Agreement after you are ready to hire Visiting Angels. Your care coordinator will prepare a comprehensive, individualized home care plan specific to the needs of your loved one — including matching them with a caregiver that will fit their personality, schedule, needs, and preferences. You and your senior will then have an opportunity to review the home care plan.

Hiring Visiting Angels is Simple

Although it may seem overwhelming at first — especially if your loved one needs immediate care — a few simple actions are all it takes to hire an experienced Visiting Angels caregiver. Your senior will be on the road to enjoying an enhanced quality of life, safety, and well-being at home with Visiting Angels by their side.



Common Causes Why Seniors Lose Their Appetite

Does your senior struggle to eat during meal times or frequently complain about a loss of appetite? Are they experiencing rapid weight loss or looking frail?

If so, schedule a check-up with their doctor immediately to determine whether their loss of appetite is related to any underlying health problems. If a health or medical issue is not triggering their eating difficulties, the root of the dilemma could be a common age-related factor.

What Affects a Senior's Appetite?

As seniors age, they sometimes struggle with eating or appear to lose their appetite altogether. Many reasons could be the culprit, but common causes can include:

Changing Senses

Changes in taste and smell are common in aging adults. Many seniors develop a reduced sensitivity to flavor, causing previous favorite foods to become bland and tasteless. Some may also develop sensitivity to the smell of certain foods which can lead to reduced appetite.

Dehydration

Seniors can become dehydrated and not notice it. As a result, they can experience diminished energy, headaches, and loss of appetite.

Reduced Hunger

Age-related changes to the body can lead to seniors feeling reduced hunger levels, even when they haven't eaten for some time. A sedentary lifestyle, physical inactivity, and certain medications can also reduce hunger.

Specialized Diets

Health care providers may recommend specialized eating regimens, such as low-sodium or low-carbohydrate diets. Changing diets can cause seniors to dread eating because they have to neglect their preferred foods. Some seniors may also resent being unable to choose their dietary choices.

Physical Impairment

Mobility problems can make it difficult for older adults to purchase groceries, prepare meals, or reach the pantry. Difficulty chewing, swallowing, or using utensils may also affect their eating habits. Memory loss can also play a part in reduced appetite as seniors may not realize how long it has been since their last meal.

Mental Health

Meals are important social events, but the lack of interaction can cause mealtime to be a sad occasion. Depression, isolation, anxiety, and loneliness may lead seniors to skip eating meals.

In-Home Caregivers Can Help Seniors Eat Well

Making sure your senior loved one eats well can feel like a full-time job. If you need additional support, a Visiting Angels senior care provider is available to assist.

Our caregivers can help seniors meet nutritional needs by providing:

- Mealtime Companionship
- Gentle Encouragement and Reminders to Eat
- Meal Planning and Preparation
- Assistance with Prescribed Diets
- Observation and Monitoring

Following a healthy nutrition plan can sometimes be problematic for aging adults, but in-home care from Visiting Angels will help your loved one benefit from proper nutrition and enhanced well-being.

To learn more about how a Visiting Angels caregiver can assist with your senior's care, schedule a no-cost, no-obligation in-home assessment with your local home care agency. Call **800.365.4189** today for more information.