

HomeTimes®

America's Choice In Home Care

Your resource for an at home senior lifestyle.



Emergency Medical Files Can Save Senior Lives

Millions of seniors experience health emergencies – such as falls, heart attacks, or strokes – that require immediate medical attention every year. In these unexpected situations, a comprehensive and readily available “emergency medical file” can be a life-saver.

What is an Emergency Medical File?

An emergency medical file is a centralized document of important health information that details an individual's medical history, including pre-existing conditions, allergies, medications, and more. This information can be crucial for first responders, doctors, and other care professionals during time-sensitive emergencies. If an emergency medical file is not available, life-saving decisions could be delayed.

An emergency medical file for seniors should include:

Identifying Information

Add a senior's name, address, and date of birth on the front page. Also, consider including a photo ID, because some hospitals require picture identification to avoid insurance or billing fraud.

Emergency Contact Information

A senior's emergency contacts—including names, phone

numbers, addresses, and places of employment—should also be placed near the front of the medical file.

Medical Information

Official medical records contain information that helps emergency professionals provide the best treatment. Make sure to include brief summaries of allergies, medications, health conditions, surgeries, medical equipment, etc.

Doctor Information

List all health providers, including name, contact information, and location of practice. Add a calendar of past and future visits and any communications with a doctor or medical professional.

Insurance Information

Include a copy of a senior's insurance card (front and back) to avoid confusion regarding who or how to bill.

Advance Directives & Similar Documents

Advance directives are legal documents that explain a person's wishes regarding medical decisions in the event they cannot make decisions on their own. Documents may include a living will, Do Not Resuscitate (DNR) order, Physician Orders for Life-Sustaining Treatment (POLST), and health care proxy.

Who Should Have Access to an Emergency Medical File?

Emergency medical files should be stored in handy locations for paramedics and others to retrieve. Some seniors keep their files in a brightly colored binder that is clearly labeled and placed near the front door or on a coffee table for emergency responders to easily see.

Additional copies can be distributed to family members and the caregiving team, including a professional caregiver. Some seniors and their families prefer to keep these records in a shared online folder or on a portable thumb drive.

Remember, an emergency medical file can have life-saving benefits when seconds count. Start the process of creating this vital document today!



Flexible Home Care Hours and Options for Seniors

Did you know Visiting Angels provides professional home care beyond the typical 9-to-5 business hours on weekdays? Unfortunately, many people assume in-home personal care is not an option if a loved one needs assistance during:

- Weekends
- Evenings
- Overnight
- A few hours each week

Visiting Angels caregivers provide in-home support any time of the day or night and offer customized hours to suit the needs of seniors and families. Professional caregivers fill in gaps — providing care only when a senior needs it, so families don't have to pay unnecessary home care costs.

Clients and families can add, remove, or adjust hours as needed.

Popular Home Care Options

Visiting Angels provides the best senior care through flexible hours, cost savings, and quality-of-life benefits. Here are a few popular care options for older adults:

Respite Care

Respite care is typically provided hourly to give family members a break from caregiving duties. Respite care can be customized to unique circumstances, providing short-term, temporary care as needed. Temporary services can come in handy during a family vacation or other personal obligations and responsibilities.

Hourly Care

Visiting Angels can provide support on a routine, hourly basis at any time of the day or night, enabling seniors and families to customize the length and frequency of visits.

For example, your loved one may need help in the morning, assistance with their evening meals, or bedtime routine a few days a week. Maybe they need two full days of care per week

or during the weekend. Whatever their needs, an hourly plan offers flexibility.

Full-Time Care

A full-time home care option is available for seniors who need 9-to-5 assistance on weekdays. This 40-hour-a-week service is ideal for multigenerational households that need senior care during the day when family members are at work or school.

24/7 Care

Visiting Angels provides around-the-clock support for seniors, offering an affordable, reliable alternative to nursing home care. 24/7 care is also ideal when families live far away or cannot provide consistent in-person caregiving support. Seniors receive one-on-one attention from several caregivers who work 8- or 12-hour shifts. This schedule ensures a senior's normal routine is not disrupted.

Overnight Care

Many older adults benefit from having a trusted caregiver with them overnight — particularly if they are living with dementia, insomnia, or experiencing anxiety or loneliness at night. Caregivers can assist seniors with bedtime habits, offer companionship, and provide a sense of security during the overnight hours.

When considering elderly care options, it's important to remember an in-home personal caregiver may be able to meet your loved one's care needs for a fraction of the cost of nursing home care. Visiting Angels clients only pay for services when they need them. This provides significant savings compared to 24/7 care in a nursing or assisted-living facility.

Free Home Care Assessment

If you think in-home personal care might be the right choice, then schedule a no-cost, no-obligation home care assessment. A Visiting Angels consultant will meet with you and your loved one to develop a customized home care plan. Call **800.365.4189** today for more information.