

HomeTimes®

America's Choice In Home Care

Your resource for an at home senior lifestyle.



Companion Care vs. Personal Care

If you're deciding whether non-medical home care is the best option for a loved one, you probably heard the terms "companion care" and "personal care." These two at-home services may seem similar, and many people use the terms interchangeably, but they are different.

You can select the right home care service for a family member or friend by understanding the benefits of each.

Companion Care for Essential Needs

Companion care is a non-medical home care service that provides essential support for seniors and disabled adults. This type of care usually entails emotional and social assistance and can provide the following:

- Appointment and activity scheduling
- Communicating with family members and care team
- Companionship
- Diet monitoring
- Emotional support
- Light housekeeping and errands
- Meal preparation
- Medication reminders
- Transportation to appointments

Companion care DOES NOT include medication management or direct physical assistance with daily activities such as dressing, bathing, or toileting.

Personal Care for More Intensive Needs

Personal care involves all the duties performed by a companion caregiver, however, it can also help seniors with "Activities of Daily Living" (ADLs), such as:

- Bathing
- Dressing
- Grooming and personal hygiene
- Mobility and transfer assistance
- Toileting

Personal caregivers can also remind seniors to take their medications at the prescribed times.

Overall, personal care is best for older adults who may have cognitive or physical disabilities or have more intensive physical care requirements.

Which Type of Home Care is Right for Your Senior?

While both services help older adults to age-in-place safely and comfortably, they are not the same.

Companion care is ideal for seniors who primarily need social support and could benefit from some assistance with light housekeeping or errands. Personal care is reserved for older adults who require direct physical assistance, have significant difficulty with mobility, or have a chronic health condition, such as diabetes or dementia.

Make sure to speak with your loved one to determine what type of care they might need. Having them included when hiring a caregiver can make the transition easier.

For additional support in determining which kind of home care is right for your senior loved one, consider a Visiting Angels' free home care consultation. Call 800.365.4189 today for more information.



The Impact Grandchildren Can Have in Senior Care

Senior care is typically considered the responsibility of a spouse or adult child for many families across the United States. While more millennials are becoming primary caregivers, the effect of grandchildren in caring for elderly relatives is often overlooked.

The relationship between a grandparent and grandchild is extremely strong and can have a huge impact on the overall care and quality of life for seniors.

Senior Home Care Tips for Grandchildren

Grandchildren of all ages – from toddlers to teenagers – can be an important part of a caregiver team. Here are a few suggestions for how grandchildren can assist with elder care at various ages and stages:

Babies, Infants, Toddlers, and Preschoolers

While it may seem there is no place for babies and infants in elder care, there is still a role very young children can play. The elderly are at high risk for social isolation. Bringing a young child along when you care for mom and dad can instill joy in your parents' lives and help improve their social and emotional health.

Seniors who receive regular social interaction – including engagement with young children – show signs of better physical health, including healthier blood pressure, a decreased risk of disease, and delayed cognitive decline. Watching or supervising a young grandchild can be an excellent diversion for grandparents who need some limited supervision but are otherwise able-bodied and sound of mind.

Ask mom or dad to take care of the baby or play with your preschooler while you manage some of your parent's needs in the background, such as cooking meals for the week, cleaning the home, sorting medications, or paying bills.

Grade-Schoolers and Pre-teens

Children at this age can perform minor tasks, such as bringing

water to grandma or grandpa or fetching the TV remote or a pair of eyeglasses.

Pre-teens can take on more responsibility, but it should still be limited to simpler chores such as wheeling grandma or grandpa around, helping put on jackets, shoes, or sweaters, and assisting with phone calls or computer needs.

Give your children time to bond with grandma and grandpa with more fun activities. Encourage them to exchange stories, watch movies, read books, and work on puzzles or play board games together.

Teenagers and Young Adults

Older grandchildren can begin to take on more caregiving responsibilities. Younger teenagers can be excellent sitters for grandparents who need minor non-medical assistance and supervision for short periods.

Having something specific to do together—such as watching a movie, playing board games, or reading to each other—helps “grandparent-sitting” go smoothly. Spending time together as grandchild and grandparent can be an excellent bonding experience and give parents a well-deserved break.

As teenagers grow into young adults, they can take grandma or grandpa on a walk, keep them company on errands, or go out for a drive together. Older and more responsible grandchildren can escort their grandparents to a doctor's appointment, help with medication reminders, and even assist with mobility, grooming, or toileting needs. Young adults—especially those whose parents are deceased—may also decide to hire professional in-home care support when needed for their grandparents.

Grandchildren Can Be an Asset in Senior Care

Grandchildren have the potential to be a big benefit in senior care. Their presence can have a positive impact on your parent's mental and physical health. When grandchildren become older, they can take on increased caregiving responsibilities and provide additional physical and emotional support

If you need more caregiving assistance, consider a free care consultation to learn how Visiting Angels' professional caregivers can help.