



What Snoring May Mean for Your Senior's Health

Snoring is a common nighttime occurrence for many people, but if a senior loved one is snoring, it could be more than just an annoying disturbance. An underlying health issue may be the cause of chronic snoring, which can affect their sleep patterns, well-being, and overall quality of life.

Several conditions that cause snoring include:

- Congestion related to Allergies or URIs
- Excess Tissue in the Mouth and Throat
- Excess Alcohol Consumption
- Narrowed Nasal Passages
- Sleeping in a Position that Narrows Airways

Although snoring is not always serious, it can sometimes indicate a sleep disorder called obstructive sleep apnea (OSA).

What is Obstructive Sleep Apnea (OSA)?

OSA, a disorder that occurs when muscles in the throat relax and narrow or block the airway, can cause breathing to stop and start during sleep. The blockage triggers a brief awakening and disrupts restful sleep. People who have severe sleep apnea can experience stops and restarts in their breathing up to 30 times an hour for the entire night.

Symptoms of OSA include:

- Loud Snoring

- Excessive Daytime Sleepiness
- Noticeable Pauses in Breathing while Sleeping
- Waking up Gasping and Choking
- A Dry Mouth, Sore Throat, or Headache in the Morning
- Mood Changes, such as Depression or Irritability
- Memory Problems

Another less common type of sleep apnea is central sleep apnea. Though not caused by blocked airflow, central sleep apnea occurs when the brain fails to send proper signals to the muscles that control breathing during sleep. When an individual experiences central sleep apnea and OSA together, it is called "complex sleep apnea syndrome."

If you suspect your older loved one has sleep apnea, schedule an appointment with a medical professional as soon as possible. A qualified physician will determine the root of your senior's snoring issues and recommend the appropriate treatment.

Caregiver Support for Seniors with Sleep Apnea

As part of their sleep apnea treatment, seniors may need to make lifestyle changes such as:

- Losing Weight
- Getting More Exercise
- Quitting Smoking
- Avoiding Back Sleeping

An in-home caregiver can help seniors sleep safely and comfortably by reminding them to follow their doctor's recommendations.

If a doctor prescribes a continuous positive airway pressure (CPAP) device or oral appliance, a caregiver can help your loved one use it correctly and clean it regularly.

Surgery is usually the last resort. If your loved one needs surgery to treat their sleep disorder, a personal caregiver will monitor their condition after the procedure to ensure they are recovering well.

Snoring is not always a severe problem in seniors, but scheduling a medical evaluation and reaching out for professional home care can help them get the rest they ultimately need.



Professional Caregivers Can Help Seniors Keep Their Home Clean

Are your senior parents or grandparents struggling with essential indoor tasks and chores? If maintaining a clean house, for example, becomes too difficult for them, their loving home may become cluttered, dirty, uncomfortable, and even unsafe.

Seniors sometimes need extra assistance with keeping their homes tidy. As they age, their muscles often become weaker, and joints become more painful. Physical limitations from illness, injury, or chronic disease may also affect their stamina and strength while working on daily household jobs.

Keeping a clean and clutter-free home can be difficult for senior citizens and adversely affect their overall health and quality of life.

Tips to Help Seniors Maintain a Tidy Home

Here are some helpful cleaning tips that can make things a little easier if your senior is having a hard time with basic housekeeping needs:

Get Help from Family or Friends

Initiate a meeting to discuss sharing responsibilities. Family members and close friends are usually happy to help and sometimes just need to be asked.

Make a Task List

Create a list of housekeeping chores, including timing and frequency. Involve your loved one in the process to decrease their anxiety, trepidations, and loss of control.

Keep Hallways, Stairs, Walkways, and Doorways Free of Clutter

Excess clutter can be dangerous and increase the risk of tripping and falling for seniors. These areas should be prioritized during clean-ups.

Get Down and Dirty with a Deep Clean

After you've removed all the clutter, focus on disinfecting and sanitizing. Use warm water to scrub often-neglected areas and spaces.

Living in a clean home is important for everyone, but it can be critical if your senior is living with asthma, allergies, dementia, or other health concerns.

Home Caregivers Can Help With Light House Keeping

If you want to help your elderly loved one stay in their home as long as possible, Visiting Angels can provide essential senior care. Our professional caregivers can give you and your loved one a break (respite care) while they handle some of the light house-cleaning duties.

A caregiver can visit daily, weekly, biweekly, or even monthly. A Visiting Angel can be with your loved one for the entire day, during specified hours, or even offer 24-hour home care.

Professional companion care provides light housekeeping that includes:

- Vacuuming
- Washing dishes
- Tidy the bathroom
- Dusting and sanitizing surfaces
- Organizing clothes
- Changing bed linens
- Taking out trash

Personal care is another type of home care service that goes beyond light housekeeping and can also include:

- Shopping
- Errands
- Meal-prep
- Cooking
- Assistance with bathing, dressing, and toileting
- Companionship/conversation

The Convenience of In-Home Care

If your elderly loved one is still capable of living independently but needs a little assistance with light housekeeping—and perhaps a little company, too—a professional caregiver will help them stay comfortable and safe in their home as long as possible.

Our care coordinators are available to discuss your loved one's home care needs via a free care consultation. Contact your nearest Visiting Angels office today or call 800-365-4189.

****Please note: Housekeeping is not a stand-alone option. Light housekeeping duties can be included for clients who receive home care services.***