

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

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 and attentive home care.



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. The caregiver may also ask about any current or upcoming schedules, appointments, errands, preferences, or needs your loved one may have.

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.

Whether your loved one is an active older adult or a person at the end of life, your caregiver will monitor their 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.

Bedroom Safety Tips for Seniors

When you think about areas of the home where seniors experience mishaps, the first places that probably come to mind are the kitchen, stairs, and bathroom. But you may not realize the bedroom can be full of hazards, too.

Many seniors spend at least eight hours per day in the bedroom. Although most of the time is spent sleeping, the bedroom can become especially dangerous if they abruptly wake up and are confused, disoriented, or groggy. Unfortunately, the risk of a fall will increase.



Bedroom Hazards for Seniors to Avoid

Here are a few common bedroom hazards for seniors and how you can reduce your loved one's risk of an accident yourself or from a professional senior care provider:

Bedside Tables

Stretching to shut off the alarm clock, get a sip of water, or grab the phone from a bedside table that is too far away could lead to a nasty fall out of bed. Ensure the bedside table is close enough for your senior to reach and free of clutter so they can easily access important items.

Also, older adults with conditions such as arthritis, plantar fasciitis, or neuromuscular disorders may have more trouble with stiffness, pain, and mobility when they awake. This makes it even more important to ensure their bedroom is set up to reduce the chances of a fall or another accident.

Too Many Electrical Cords

Many older adults have their technology devices close by at night, but cords from cell phones, laptops, landline phones, alarm clocks, and television sets can add up. Keep cords tucked behind the furniture, or get a power strip to plug in multiple devices.

Pet Hazards

Although pets are loveable, cuddly, and enjoy being close to their owners, they can get underfoot and create a hazard in the bedroom. Tripping over a cat or dog—or their bed or toys—in the middle of the night could result in serious injury for your loved one and their furry companion. Consider putting a crate, carrier, or pet bed in a safe spot in the room.

Loose Bedding

Comforters, oversized blankets, weighted blankets, and throw pillows can create a relaxing setting, but they can also increase the chances your loved one could get tangled up when getting out of bed. To reduce the chances of a fall, opt for bedding that is soft, comfortable, and fits the bed snugly.

Throw Rugs

Throw rugs in any room increase the risk of slips, trips, and falls. The safest option is to remove all throw rugs, but if you must have one for decoration, consider using it in a low-traffic area.

Heating Pads and Space Heaters

These electrical devices are a convenient way for seniors to warm up quickly, but they pose fire and safety hazards. Always turn off a heating pad before bed, and keep space heaters away from flammable materials in a well-ventilated room.

Laundry and Clothing

Keep laundry, clothing, and towels off the floor to reduce the risk of a fall for seniors. If your senior is struggling to manage the laundry, a Visiting Angels caregiver can tidy up the bedroom and prepare them for a comfortable night's rest.

Home Care Assessments

A Visiting Angels caregiver can be by your loved one's side to assist them getting into or out of bed safely. Through our Safe and Steady® Fall Prevention Program, our professional caregivers will keep your loved one as safe as possible by promoting habits and easy home modifications to reduce your loved one's risk of falling at home.

When you decide to hire a Visiting Angels in-home personal caregiver for your loved one, you will also receive a complimentary home care assessment. A Visiting Angels care coordinator will walk around your loved one's home, identify hazards and fall risks, and discuss ways to enhance safety.

To learn more about how professional in-home care can assist, contact your local Visiting Angels agency today at **800.365.4189**.

Angels Cook Book



Tomato Zucchini Casserole

1 ½ cups grated cheddar cheese	¾ cup fine bread crumbs
⅓ cup grated Parmesan cheese	2 medium zucchinis, thinly sliced
5 plum tomatoes, thinly sliced	2 tablespoons finely chopped onion
2 cloves garlic, minced	¼ cup butter
½ teaspoon dried oregano	
½ teaspoon dried basil	
salt and pepper to taste	

Instructions:

Gather all ingredients. Preheat the oven to 375° F (190° C). Lightly butter a 9x9-inch pan.

Combine Cheddar, Parmesan, garlic, oregano, and basil in a large bowl. Season with salt and pepper; set aside.

Arrange 1/2 of the zucchini slices in the prepared pan. Sprinkle 1/4 of the cheese and herb mixture on top.

Arrange 1/2 of the tomatoes and top with another 1/4 of the cheese mixture. Repeat layers.

Melt butter in a skillet over medium heat. Add onions; cook and stir until soft and translucent. Stir in bread crumbs; cook until they have absorbed the butter.

Sprinkle on top of casserole.

Cover loosely with foil and bake in the preheated oven for 25 minutes. Remove foil and bake until the top is crusty and vegetables are tender, about 20 minutes.

Serve and enjoy!

Nutritional Information

Serving Size: 4 servings • Calories: 426

www.allrecipes.com/recipe/87563/tomato-zucchini-casserole/



Mrs. Sigg's Snickerdoodles

Cookies:

1 ½ cups white sugar
½ cup butter, softened
½ cup shortening
2 large eggs
2 teaspoons vanilla extract
2 ¾ cups all-purpose flour

2 teaspoons cream of tartar
1 teaspoon baking soda
¼ teaspoon salt

Cinnamon-Sugar Coating:

2 tablespoons white sugar
2 teaspoons ground cinnamon

Instructions:

Preheat the oven to 400° F (200° C).

Make cookies: Beat sugar, butter, shortening, eggs, and vanilla in a large bowl until smooth and creamy.

Whisk flour, cream of tartar, baking soda, and salt together in a separate bowl. Gradually mix dry ingredients mixture into the wet ingredients just until combined. Shape dough into walnut-sized balls.

Make cinnamon-sugar: Combine sugar and cinnamon in a small bowl or zip-top plastic bag.

Place dough balls in cinnamon-sugar and roll or shake until coated. Place 2 inches apart on ungreased baking sheets.

Bake in the preheated oven until set but not too hard, 8 to 10 minutes, switching racks halfway through.

Remove from the oven and immediately transfer to wire racks to cool.

Nutritional Information

Serving Size: 48 servings • Calories: 92

www.allrecipes.com/recipe/10687/mrs-siggs-snickerdoodles/

America's Choice In Home Care®

Since 1998, Visiting Angels has been providing adults and seniors with the needed assistance to continue living at home. At our nationally known, locally owned agency, it is our mission to maintain the independence and familiar surroundings for those in need.

We offer help with personal care, light housekeeping, meal preparation, transportation, shopping, companionship, respite care for families, live-in care and assistance with daily living activities. Call us today for a free, no obligation consultation! We care every day, in every way!

