

# HomeTimes

America's Choice In Home Care

Your resource for an at home senior lifestyle.



## Home Care Nurse or In-Home Personal Caregiver?

More seniors are choosing to age in place at home instead of dwelling in an assisted living or nursing facility. However, some may need additional help with their medical or personal care and managing everyday household tasks. Seniors and their family members then need to decide whether a “home care nurse” or an “in-home personal caregiver” is required.

### What Does a Home Care Nurse Do?

A home care nurse is either a registered nurse (RN) or a licensed practical nurse (LPN) who offers nursing-level medical care to individuals in their home. Home care nurses provide treatments that may include:

- Wound Care
- Respiratory Therapy
- Tracheotomy Care
- Diabetes Management
- Ostomy Care
- Injections & Infusions

Other medical providers—such as registered dietitians and physical, speech, and occupational therapists—may also offer specialized healthcare and rehabilitation services in the home.



### How In-Home Personal Caregivers Can Help

An in-home caregiver provides non-medical assistance for adults needing personal care and assistance with daily tasks. Professional in-home caregivers help older adults maintain their independence, continue living at home, and age safely and comfortably.

Caregiver tasks may include:

- Bathing & Dressing Assistance
- Assistance with Mobility & Transfers
- Companion Care
- Errands & Shopping
- Light Housekeeping
- Meal Preparation
- Medication Reminders
- Incidental Transportation

### Which Type of Care is Necessary?

The first step is determining whether your loved one's needs are medical or non-medical.

If your loved one needs non-medical personal assistance, a professional home care provider, such as Visiting Angels, might be the right choice. Clients and/or their families can select the hours and tasks required — even if those requests are for companion care or respite care only.

Visiting Angels offers many care arrangements, including:

- Up to 24/7 Care
- Overnight Care
- Weekday, Evening & Weekend Care
- Holiday Care
- Respite Care for Families
- Temporary Care
- Long-Term Care
- Long-distance Care

### Arrange a Home Care Consultation

Schedule a free home care consultation with Visiting Angels to learn more about available services and how an in-home personal caregiver might be able to assist your loved one. Call **800.365.4189** today for more information.

# Home Safety After a Stroke

A stroke is a frightening and life-altering experience for seniors and their families. Depending on the severity of the brain attack, a stroke survivor may face difficulties with mobility, vision, speech, swallowing, emotions, cognitive functioning, and performing everyday tasks. When this occurs, it's important to have a home care plan to keep your senior safe.



After discharge from a hospital, a post-stroke plan may include hiring a non-medical in-home personal caregiver to provide long-term assistance with daily tasks.

Personal care providers are different than home health providers, who typically offer short-term medical care during brief home visits under the supervision of a physician.

## How Can Visiting Angels Caregivers Help Stroke Survivors Stay Safe at Home?

Visiting Angels professional caregivers use stroke-specific training to understand signs and symptoms while providing non-medical, support. Caregivers can contribute to senior safety by:

### Reducing Fall Risk

After a stroke, seniors may experience weakness and paralysis in their arms or legs. These mobility limitations—especially when combined with extreme fatigue during recovery—can increase the chances of a fall or household accident.

Visiting Angels caregivers can assist older adults as they move around the home, navigate stairs or the bathroom, and get into and out of bed. A “Fall Prevention Program” helps caregivers and care

coordinators identify areas of concern in the home and recommend modifications to reduce fall risk.

### Assisting with Household Tasks

Stroke survivors may have physical or cognitive issues that prevent them from driving or managing tasks such as laundry, cooking, shopping, or housekeeping. Visiting Angels caregivers can provide or arrange for transportation to appointments, run errands, prepare meals, and handle light household duties.

### Reminders for Medication and Exercise

Your loved one's post-stroke care may involve taking medications, performing physical or occupational therapy exercises at home, and/or attending medical appointments critical to recovery and long-term health. Although Visiting Angels caregivers cannot provide medical care, they can remind seniors when it's time to take medication, do exercises, or prepare for a home health or in-person medical visit.

### Following Dietary Recommendations

Difficulties in eating and swallowing can happen following a stroke. A senior may have to temporarily or permanently follow a special diet to avoid choking and other complications. Seniors may also need to avoid or limit certain foods due to interactions with medications.

A Visiting Angels caregiver can prepare foods per a prescribed diet and support older adults during mealtimes so they receive the necessary nutrition. An in-home caregiver can also remind seniors of speech therapy appointments and encourage them to practice prescribed speech and swallowing exercises.

### Watching for Signs of A Second Stroke

Nearly 1 in 4 strokes occur in people who have had a previous stroke, according to the U.S. Centers for Disease Control and Prevention (CDC). Statistics show that stroke patients who arrive at the emergency room within three hours of their first symptom have less disability three months into recovery than those who received delayed care.

Visiting Angels caregivers can identify signs of a second stroke and call dial 911 for help if necessary—which could save a loved one's life. A caregiver can also direct paramedics to a senior's emergency medical file that contains vital health and medical information for paramedics and hospital staff.

## Reduce Hospital Readmission

When a loved one has suffered a stroke, professional senior care services can be an enormous help. Visiting Angels provides a “Ready, Set, Go Home” program that helps seniors successfully transition home after hospitalization through a customized approach that begins at the hospital. The program also includes home visits to promote a safe recovery by lowering the risk of hospital readmissions related to falls and other accidents.

Visiting Angels' care coordinators are available to discuss the “Ready, Set, Go Home” program and much more during a free care consultation. Call **800.365.4189** today for more information.



# Angels Cook Book



## Pasta Primavera & Cauliflower Sauce

1 tablespoon olive oil	1/3 cup water
1/2 cup chopped onion	1/8 teaspoon black pepper
2 cloves garlic, minced	4 cups broccoli florets, cut into 1-inch pieces
3 cups cauliflower florets	1 red bell pepper, cut into bite-sized strips
3/4 cup vegetable broth	2 tablespoons sliced fresh basil
6 ounces multigrain spaghetti, uncooked	1 tablespoon lemon juice
1/2 cup finely shredded Parmesan cheese, plus more for garnish	1 teaspoon lemon zest (Optional)

### Instructions:

Heat olive oil in a small saucepan over medium heat. Add onion and garlic; cook, stirring occasionally, until onion is tender, 3 to 4 minutes. Stir in cauliflower and broth; bring to a boil. Reduce heat and simmer, covered, until tender, about 15 minutes. Uncover and let cool slightly.

Meanwhile, bring a large pot of salted water to a boil. Cook spaghetti in boiling water until tender yet firm to the bite, 7 to 10 minutes, adding broccoli and bell pepper for the last 5 minutes. Drain, reserving 1/2 cup cooking water. Return spaghetti to the pot and set aside.

Transfer cauliflower-broth mixture to a food processor. Add Parmesan cheese, water, and black pepper. Cover and pulse until sauce is smooth.

Pour cauliflower sauce over spaghetti in the pot. Cook over low heat until heated through, stirring in reserved cooking water to reach desired consistency. Garnish with basil, lemon juice, zest, and Parmesan cheese.

### Nutritional Information

Serving Size: 4 servings • Calories: 295

[www.allrecipes.com/recipe/261302/pasta-primavera-with-cauliflower-sauce/](http://www.allrecipes.com/recipe/261302/pasta-primavera-with-cauliflower-sauce/)



## Rhubarb Cheesecake

1 cup all-purpose flour	cheese
1/4 cup white sugar	1/2 cup white sugar
1/2 cup butter	2 large eggs
3 cups chopped rhubarb	1 cup sour cream
1/2 cup white sugar	2 tablespoons white sugar
1 tablespoon all-purpose flour	1 teaspoon vanilla extract
2 (8 ounce) packages cream	

### Instructions:

Preheat the oven to 375 degrees F (190 degrees C). Combine 1 cup flour, 1/4 cup sugar and 1/2 cup butter in a medium bowl; mix until crumbly and pat into the bottom of a 9-inch springform pan.

Toss chopped rhubarb, 1/2 cup sugar, and 1 tablespoon flour together; pour onto crust and bake in the preheated oven for 15 minutes. Remove from the oven and set aside. Reduce oven temperature to 350 degrees F (175 degrees C).

Beat cream cheese and 1/2 cup sugar together in a large bowl until creamy; beat in eggs one at a time. Pour mixture over hot rhubarb in the pan.

Bake in the preheated oven until filling is set, about 30 minutes. Cover with sour cream topping while still hot.

To make the sour cream topping: Combine 1 cup sour cream, 2 tablespoons sugar, and 1 teaspoon vanilla in a small bowl. Mix well and spread on top of cake.

### Nutritional Information

Serving Size: 12 servings • Calories: 388

[www.allrecipes.com/recipe/25626/rhubarb-cheesecake/](http://www.allrecipes.com/recipe/25626/rhubarb-cheesecake/)

## 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!

