



# HomeTimes

Your Independent Senior Living Resource for Aging in Place

From America's Choice in Homecare.

## Home Care Services Can Help Seniors Manage Their Heart Conditions

Aging in place has many financial, emotional, and social benefits for seniors. But if your elderly loved one has a heart condition, such as congestive heart failure, low blood pressure, or coronary artery disease, you may worry if they can manage the condition while remaining at home.

Professional home care helps older adults, including those who are living with a heart condition, safely age at home. Non-medical home care can give you peace-of-mind and help your loved one manage a heart condition by:

- Assisting with day-to-day activities
- Monitoring health and wellness
- Providing emotional support

### Taking **Heart** to Heart

If your loved one is living with heart failure or another cardiovascular condition, keeping track of health changes is essential. Doctors often rely on detailed record-keeping to determine if medication adjustments or other types of medical intervention are needed.

In-home caregivers can also assist if your loved one experiences an emergency. Some seniors with heart conditions may be at a higher risk of heart attack or stroke, and an in-home caregiver can spot signs and dial 9-1-1 to get help immediately.

Symptoms such as arm pain or labored breathing (which your loved one may

typically disregard) could indicate a worsening heart condition. An in-home caregiver can alert family members about concerning symptoms so they can take the appropriate action. And, in the event of falling or fainting, in-home caregivers are there to assist.

### Supporting Emotional **Health and Well-Being**

One of the benefits of aging in place is better emotional health and well-being. In-home caregivers amplify this feeling because they provide seniors with companionship when required, but they can also step back to allow a personal time when requested.

In-home caregivers can also be part of your loved one's palliative care team by helping to monitor comfort levels and ensure that they follow palliative care recommendations.

Professional home care specialists also provide emotional respite care for family caregivers. Bringing in a trusted professional can support your loved one's health and manage their heart condition, and it can also provide you with an improved sense of security, reduce family caregiver stress, and help you find the time to take care of yourself, too.

### Helping With Lifestyle Changes

When your loved one receives a heart condition diagnosis, a doctor may recommend lifestyle changes, such as a new diet, exercise routine, or a different medication regimen.

Combined with the challenges of aging (including memory and mobility impairment), a heart condition can feel overwhelming for seniors and their families.

Home caregivers will help your loved one manage changes and meet their day-to-day needs by assisting with:

#### Medication Reminders

- Professional caregivers will remind your loved one to take medications on time.

#### Exercise

- An in-home caregiver can encourage and recommend a helpful exercise plan to promote health and wellness.

#### Companionship

- If a heart condition is limiting your loved one's mobility or socialization, in-home companion care can provide social interaction that may reduce the risk of your loved one developing loneliness and depression.

#### Appointments

- An in-home caregiver can track doctor visits or physical therapy appointments and arrange transportation if needed.

#### Diet and Hydration

- A professional caregiver will make sure your loved one is getting enough water and adapting to a new diet by purchasing groceries, assisting with meal prep, or even cooking entire meals following a doctor's dietary recommendations.

#### Following Health Advice

- By helping your senior loved one follow a physician's advice about diet, fluid intake, and exercise program, professional caregivers may help reduce hospital readmissions.

# TIPS FOR CAREGIVERS IN THE SANDWICH GENERATION

Family caregivers who take care of children while handling the needs of aging parents are members of the “sandwich generation.” They’re caught in the middle. With seniors living longer, it’s not uncommon for their adult children to be managing both ends of the caregiving spectrum.

Whether or not they have children, family caregivers can still feel “sandwiched.” Career demands, managing more than one household, and numerous commitments can stress even the most easy-going person.

If you provide care for a loved one, you know it changes the dynamic of the parent-child relationship. You become the one who is figuratively (and often literally) in the driver’s seat, transitioning from crisis to crisis while trying to keep everyone’s life on an even keel.

Below are some suggestions that may help you through these challenging times.



## Get Organized

Organization is your strongest ally. Whether you maintain a stack of file folders or save everything to a cloud service provider, keep copies of blood work, reports/tests, hospital discharge instructions, and medication lists where you can easily find them.

Keep documents like living wills and power of attorney credentials close at hand. There’s nothing worse than compounding an emergency situation with the stress of not being able to locate critical paperwork.

Take advantage of free online tools like the HIPPA-compliant app, MyMedSchedule.com, to keep track of your loved one’s medications. Whatever you can do to organize everything from doctors’ office locations to pharmacy details, do it for your own peace of mind.

Your documentation processes should be simple, yet effective.



## Ask for Care Assistance

You may not be good at asking for help, but you must get better at it. Caregiver burnout is a legitimate diagnosis. Home care assistance can help you avoid this burnout and feel better both physically and emotionally.

If you’re constantly worried about your loved one’s care, it may be time to start finding resources that can help.

Perhaps you can approach your boss about working a day or two from home. While that may not be the right solution for you, it’s ok to get a little creative when you have a multitude of responsibilities.

Turning to a professional home care agency, like Visiting Angels, is another way to get the help you need.

Our caregivers can provide compassionate care for your loved one depending on their needs and schedules.



## Make Time for You

Self-care is always the first thing you push aside. Your obligations may include managing a senior loved one’s finances and healthcare in addition to helping your child with homework. During the day, you focus on getting through your list, and at night you’re losing sleep thinking about tomorrow’s agenda.

The irony is, NOT applying self-care is counterproductive. The real stress sets in when you burn out and are unable to manage what you need.

Yoga or meditation may help. For example, a half hour of yoga and/or two 15-minute meditation sessions a day can replenish your body, mind, and soul.

Respite care from a professional homecare agency, such as Visiting Angels, is another resource. It can provide the time you deserve for yourself and give you peace of mind that your senior loved one is getting the right care.



## Chicken Pot Pie IX

1 pound skinless, boneless chicken breast halves- cubed	2/3 cup milk
1 cup sliced carrots	2 (9 inch) unbaked pie crusts
1 cup frozen green peas	
1/2 cup sliced celery	
1/2 cup butter	
1/3 cup chopped onion	
1/3 cup all-purpose flour	
1/2 teaspoon salt	
1/4 teaspoon black pepper	
1/4 teaspoon celery seed	
1 3/4 cups chicken broth	

### Instructions:

Preheat oven to 425 degrees F (220 degrees C.)

In a saucepan, combine chicken, carrots, peas, and celery. Add water to cover and boil for 15 minutes. Remove from heat, drain and set aside.

In the saucepan over medium heat, cook onions in butter until soft and translucent. Stir in flour, salt, pepper, and celery seed. Slowly stir in chicken broth and milk. Simmer over medium-low heat until thick. Remove from heat and set aside.

Place the chicken mixture in bottom pie crust. Pour hot liquid mixture over. Cover with top crust, seal edges, and cut away excess dough. Make several small slits in the top to allow steam to escape.

Bake in the preheated oven for 30 to 35 minutes, or until pastry is golden brown and filling is bubbly. Cool for 10 minutes before serving.

### Nutritional Information

Serving Size: 8 servings • Calories: 412

[www.allrecipes.com/recipe/26317](http://www.allrecipes.com/recipe/26317)



## Banana Trifle

2 (3.5 ounce) packages instant banana pudding mix  
1 quart cold milk  
2 bananas, chopped  
4 cups heavy cream  
4 teaspoons vanilla extract  
1 cup confectioners' sugar  
1 (12 ounce) package prepared pound cake, cubed  
1/2 (12 ounce) box vanilla wafers, crushed

### Instructions:

Whisk pudding mix with milk until smooth. Stir in chopped bananas; set aside.

In a large bowl, whip cream until stiff peaks are just about to form. Beat in vanilla and sugar until peaks form. Make sure not to over-beat, or cream will become lumpy and butter-like.

Layer half the pound cake cubes, half the pudding, half the whipped cream, and half the crushed vanilla wafers in a trifle bowl. Repeat with the remaining cake, pudding, and whipped cream, and top with the remaining crushed wafers. Chill in the refrigerator until ready to serve.

### Nutritional Information

Serving Size: 12 servings • Calories: 612

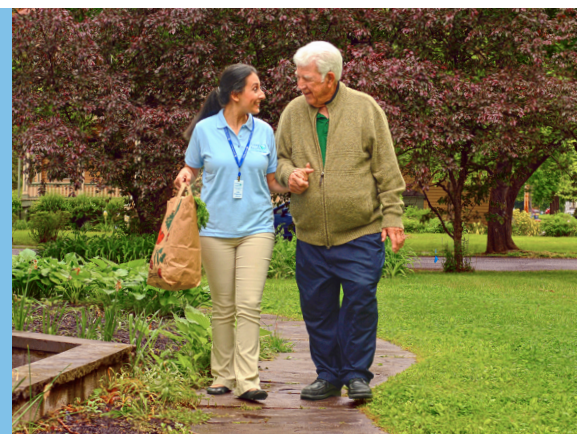
[www.allrecipes.com/recipe/191787](http://www.allrecipes.com/recipe/191787)



## America's Choice In Homecare®

*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!



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\*Information provided by the Centers For Disease Control, a division of the U.S. Department of Health and Human Services. [www.cdc.gov/aging/aginginfo/alzheimers.htm](http://www.cdc.gov/aging/aginginfo/alzheimers.htm)