



How Home Care Can Translate to Independence

For many seniors, retaining independence for as long as possible is a common goal. Though aging sometimes brings about physical and cognitive challenges, there are major emotional repercussions for seniors who require assistance with different tasks that they were once able to complete on their own. Asking for help with activities of daily living, such as bathing or grooming, can feel embarrassing, leaving many seniors to feel depressed or anxious. For family members watching on the sidelines, seeing a loved one lose the ability to drive, maintain the home, or brush their teeth can feel devastating.

Fortunately, we live in a time when seniors have many options for care and attention that can keep them healthier for longer. But still family members and seniors alike can buck the idea of seeking assistance from a residential community. If you are seeking a little extra assistance with tasks, but are certainly not looking for a nursing home environment, home care services can be a saving grace that will allow you to age in place while maintaining your independence.



Home care offers individualized attention

When seeking to maintain, or even increase, independence, the key is often individualized attention. With home care services, a caregiver is able to provide services based strictly on the senior's abilities and goals, not the goals of a group. At Visiting Angels, our caregivers know our clients well and are able to spend more time assisting them with daily

tasks such as cooking, grooming, or toileting. This means that we can spend more time with them, allowing them to take the lead with working to button their own shirts or stand with less hands on assistance. The more our seniors are able to practice these tasks with encouragement and support from caregivers, the more range of motion and strength they are able to keep.

Home care offers interdisciplinary connections and interventions

Beyond the opportunity to more individualized attention, home care services often work closely

with other home based therapy services. This partnership gives seniors an interdisciplinary approach – caregiving plus physical, occupational, or speech therapy – all while remaining in their own homes. At Visiting Angels, we are able to make referrals to home therapy services that we have worked with and vetted. This means that family members and seniors are able to be confident that the services provided will be done with care and compassion, just like their services with Visiting Angels.

Home care offers help in a safe and comforting place

Seniors are often more motivated to work on maintaining independence or building strength while in a familiar place, such as their own home. Excellent home care services capitalize on this comfort, providing services in the senior’s home while keeping the senior safe and supported.

Maintaining independence, whether with daily hygiene tasks or running errands, is a major benefit of inviting a caregiver into the home. However, those caregivers should be well trained, experienced, and have a calling to work with aging adults. Here at [Visiting Angels](#), our caregivers are all that and more – we are all committed to giving your loved one the best experience possible. Curious about other senior topics and challenges? [Check out our Family Resource Center](#) for insightful videos, caregiver tips and other important resources.

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