

Living assistance helps ease the burden of senior care

Are you caring for an aging parent or friend in your home or in their home? The responsibility of Senior care can be hard to bear alone. Caring for a loved one requires patience and extra time that you may not have. What you may not realize is that there are options for senior care assistance at home that will fit your needs and take some of the pressure off of you.

Senior care assistance is available to help you care for your loved one in the comfort of their own home or in your home. Non-medical senior care providers offer companion care and personal care services that are designed to take over or assist in the activities that elders need to be able to stay at home safely and with dignity.

How do you get started?

Ask your health care providers for recommendations on senior care home providers. Get recommendations from friends and co-workers for senior care home providers in your community. Always be sure to check references and interview the senior care provider so that you feel safe and secure. Reputable senior care providers require experience and do extensive checks on caregivers.

Next, along with your senior care provider evaluate your needs. Begin by reviewing your needs through discussions with involved family members; when necessary we consult with the physician(s) of the care recipient, social workers, hospitals, or nursing home staff. That will allow you to develop an individualized program to manage your daily needs. Match your needs to the best possible caregiver, bring them to your home and ask you to participate in the selection process. You manage the services and with your senior care provider you can add or change services on an as need basis. Whatever options work best for your situation.

Senior care services options include:

- Hygiene Assistance
- Meal Preparation/Diet Monitoring
- Light Housekeeping
- Errands and Shopping
- Joyful Companionship
- Live in, Live- out, Sleep-over
- Mornings, Mid-day, Evenings
- Temporary or Long term Senior Care
- Senior Care for Weekends, holidays
- Senior Care for Respite for Family Caregivers

You will see that getting the additional assistance you need to care for your loved one will take the pressure off of you alone. Senior care can be a full time job and one you don't have to do alone. Contact a senior care home assistance provider and arrange the help you need.

Bio: Linda Dunkelberger is a freelance writer and editor. “Take the Pressure Off with Senior Care” is written to tell you that senior care options are available to help you care for a loved one so they can stay in their home or in your home. Visiting Angels is a non-medical senior care/living assistance service provider helping in homes in your community and across America. For more information on Visiting Angels see www.visitingangels.com