



Caring Times

Personal and Dementia Care with Dignity

June 2010

Come BLOG with us!

Volume 2, Issue 6



Mary Peters, Founder & President, with the late Jack Segars.

The following is Part III in our series on the five things that cause aged adults to fail at home. When families know the **signs of decline** in their loved one, they can take steps to solve problems well before they become a crisis of care. *Mary Peters &*



Solving the Care Management Puzzle

In May, we talked about medication errors as one of the five things that can cause elderly people to fail. The others are nutrition, unaddressed medical problems and home safety & proper hygiene & home maintenance. Our caregivers empower the elderly to remain at home by offering solutions to these 5 problems. This month we will talk about the need for **proper hygiene and home maintenance**.

- *“My Dad just isn't taking care of himself, and the house is cluttered. He gets upset when I ask to help him get a bath. I need your help!”*
- Elders living alone are less likely to keep a schedule of dressing, bathing, and personal grooming.
- Widowed spouses often lose all motivation for home cleanliness and personal appearance.
- Household tasks are postponed or abandoned

Care For Life Solution:

A few hours of **homecare** several times a each week by a trained caregiver can help remedy this problem. Caregivers assist in keeping a routine in place for bathing, dressing and grooming. Light housekeeping assistance will help maintain the home and keep it safer. The aged person's outlook on life will likely improve with a fresh start each day.

Give us a call to discuss care for your loved one.
843-852-9090.

Care For Life is your resource for Geriatric Care Management. All the puzzle pieces of taking care of an aging person come together at our table. Our nurse's comprehensive assessment of your parent and the home is the first step to providing excellent homecare.

Let us help you with each problem as it occurs. We are seasoned professionals who know how to plan each step of the way. 843-852-9090

Care For Life, Inc.

~ Personal & Dementia Care with Dignity~

(843) 852-9090

www.careforlifecharleston.com

Mary Peters, Founder & President

WHAT'S ON YOUR MIND?

Home maintenance is critical to seniors who want to remain comfortably at home for as long as possible. Our nurse's home assessment will help you decide what you need to do. A fall with injuries can open the doorway to impaired mobility and decreased independence. A head injury can alter your cognition. Any injury that limits mobility can make the body more susceptible to infections.



Essential Tips for Home Maintenance & Safety

- 1. Talk to your doctor home safety. Have a comprehensive home assessment by Care For Life's nurse to help you with your long term plans for remaining at home.**
- 2. Tell your doctor and your family** when your medication makes you dizzy or lightheaded.
- 3. Install proper lighting** throughout your home. Use night-lights in the hallways between the bedroom and bathroom.
- 4. De-clutter your home. Keep floor and stairs free of clutter & do not use small throw rugs.**
- 5. Check that stairs** are in good repair and are slip resistant. If any stairs are broken, have them fixed promptly
- 6. WEAR PROPER SHOES inside and outside. Use a cane or walker for better balance.**
- 7. Install grab bars** in all bathrooms by the toilet and in the bathtub or shower. If you need extra support, get a shower seat. Install a handheld shower device.
- 8. Consider getting a Medical Alert System to call for help if you fall.**

ALWAYS call **Care For Life** for resources available to you! **843-852-9090**

We care for you with dignity & compassion.
Care For Life~Experts in Eldercare
Our friendly staff is waiting to hear from you...
843-852-9090

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