

Being There For Your

Loved Ones

When a loved one is sick or injured, the home is the most ideal place to stay and get well. Research has shown that a serene home environment and being surrounded by family can hasten their recovery and contribute to their overall wellness.

Support is the greatest reassurance that you can give to your loved ones at home. Here are some of the things you can do for them at home:

1.) Talk with Them

Make it a point to talk to your loved one everyday. Visit them in their room or at the place where they usually stay or go to and ask them of their condition and how they are doing, they will appreciate it and they will feel loved.

2.) Do Enjoyable Activities Together

You can be involved in caring for them simply by doing daily fun activities together. Not only will it provide them with entertainment, it can also boost their morale so they won't feel so isolated even at home.

3.) Keep Communication Lines Open

One sure way of making your loved one at ease is to reassure them that you are there for them. Nothing cheers them up just by knowing that you can be counted upon on when they need something.

Call us today!
203-748-0103



What we offer

- ✓ Homemaker
- ✓ Companion
- ✓ Home Health Aide
- ✓ Personal Care Attendant
- ✓ Live-In-Care
- ✓ Transportation Service

 **AT-HOMECARE**
OF CT, LLC
Where Caring Comes First

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How the Home
can **HEAL**



How the Home Can Heal

Why Staying at Home Can Be the Best Option For You

Receiving care at home is a favorable option for those who are seeking a less costly alternative to hospitalization or being institutionalized. **At-HomeCare of CT, LLC** is an experienced and capable home care provider for residents living in Danbury, Connecticut.

Benefits of Receiving Home Care:

Being cared for at the privacy of your own home means that you will be given a singularly focused type of care that is tailored to meet your condition and needs.

You can do daily tasks and activities uninterrupted and you can live life to the fullest through the assistance and support that we can provide.

You can experience faster recovery when in the presence of loved ones at home.

Loved ones can take active roles in making sure that you are well cared for by being there for you.

The living environment at home is enhanced through health and safety strategies that come with the provision of our services to you.



How to Create a More Peaceful Environment at Home

A peaceful home environment can greatly aid in the reduction of stress and hastening the recuperation of loved ones who are afflicted by disease or injury. You can turn your hectic home into a more peaceful environment through these simple steps:

■ Cut Clutter

A soothing home environment should not have visible clutter or useless things around. By cleaning your place a little, you create a pleasant space. Be sure to keep treasured mementos such as pictures of your fondest memories.

■ Proper Ventilation

Open some of your home windows to let in some fresh air and light. It can brighten up any room. You can also add plants to bring soothing colors that can instantly cheer up your space.

■ Music

Music is a wonderful stress reliever and can help contribute to a peaceful home ambiance. Bring out some of CDs of your favorite soothing tunes and instantly feel relaxed.

■ Plan, Prepare and Do Fun Activities with Family and Friends

Another instant way of creating a peaceful environment is to fill your home space with the love and care from your family and friends. Take the time to plan and prepare entertaining activities that all of you can enjoy. An example of a family activity would be playing board games or watching movies together.

In Case of Emergencies

There is no telling what could happen to your loved ones at any given time. It pays to prepare the following for such unforeseen circumstances.

- Address of the Nearest Hospital
- Contact Information of an Ambulance
- Name and Number of Primary Physician
- Patient's Medical Records



www.athomecareofct.com

