

How to Cope with

Aging Parents

When we're so used to seeing our parents healthy and well, we are at loss at how to cope together with them in their aging state.

The Plan

Reassuring your parents that it is your turn to be depended on will surely put them at ease. Emphasizing your reliability will strengthen your family bonds.

Learn More About the Aging Process

When you take care of aging parents, it is best to be prepared by learning more about topics and other materials that are relevant to aging.

This could include:

- * Financial Arrangements
- * Healthcare Planning Resources
- * Support Services
- * Wills & Property Ownership, and many more

Be (More Than) Prepared

It is safe to assume that later on that you could encounter health and living problems. It is important to seek the aid of a professional geriatric consultation team, a social worker, a lawyer and or financial advisor if needed.



Call us today!
203-748-0103

OUR SERVICES OFFERED

Homemaker

Companion

Home Health Aide

Personal Care Attendant

Live-In-Care

Transportation Service



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Where Caring Comes First

Recovering in a Comforting SURROUNDING

Ways to Plan Ahead of Time

A guide for the family
and other loved ones

The Importance of Keeping the Home Clean and Safe

When you opt to have your aging loved ones receive home care, there may be concerns and obstacles that may impede or obstruct the maintenance of their health or recovery. **At-HomeCare of CT, LLC** goes above and beyond the provision of quality home care services, we have taken it upon ourselves to ensure that the living home environment is kept clean and safe.

Here are some of the tips that you can personally do to make the home environment more livable and safer:

Keep dark areas of the house well-lit, especially walk ways or hallways

Remove slippery rugs that may cause an aging adult to fall

Use slip-resistant mats in the tub or shower

Install secure grab-bars by the toilet and tub

Install smoke detectors

Place telephones in bedrooms and post emergency numbers

Keep fire extinguishers in the house and learn how to use it

Check extension cords

Inspect electrical cords for fire hazards



Planning Ahead

Part of taking care of loved ones is to plan ahead, future care needs must be taken into consideration should unforeseen circumstances occur.

The Basics

Prepare the necessary documentation such as:

- Medical Documents
- Legal Documents
- Contact List of Medical Professionals
- Contact Information of Hospitals, Pharmacies & other medical facilities

Institutional Facility V.S. The Home

Nursing homes and or retirement communities may seem like the only viable option for your aging parents. Studies have shown that there is a significant distress associated with individuals leaving the comforts of home.

How to Choose a Home Care Agency

Home care agencies offer various levels of care. In line with being prepared ahead, you should choose an agency that offers more than just basic homemaking services. As your loved ones age, they will eventually require services that may include bathing, grooming and many more.

At-HomeCare of CT, LLC

is a licensed, bonded and insured home care agency that complies with the HIPAA rules and regulation. Please meet with our caregivers for an assessment should you want to avail our services.



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