



FEATURE ARTICLE FROM **Always Best Care**

Benefits of Hiring an In-Home Caregiver This Coming Year

Another year has come and gone and a new one is beginning. For many, this means reflecting on what did or did not work well and what changes they want to make. It can be a great time to review your aging parent's needs as well and ensure that the care and assistance they are receiving is still appropriate.

Take note of whether they have had any physical or cognitive declines over the past few months. Are they still able to keep up with tasks around the home, or is their house becoming more cluttered and disorganized? Has their hygiene started to deteriorate because it's difficult to get to the basement to do laundry or step in and out of the bathtub to shower? These are just a few of the concerns that [hiring an in-home caregiver](#) can help address.

- **One-on-One Assistance**

An in-home caregiver provides your loved one with the one-on-one assistance they need. The caregiver can come for a few hours a day or a few hours a week depending on your loved one's needs and desires. It is someone to help them keep up with light housework, plan and prepare meals, organize mail and appointments, or help with morning wake up or night time tuck in. A caregiver can also be a wonderful source of companionship to look through old photo albums, talk about the past, or accompany your loved one to lunch or an event. Services are personalized to meet their individual needs and can be adjusted as changes occur.

- **Reduced Stress on Family**

It can be stressful trying to balance your own family and work with caring for an aging parent. It's impossible to be everywhere at once and do everything for everybody. An in-home care provider can take some those responsibilities off your plate by working with your loved one on tasks and activities around their home. They can provide reminders to take medication or to water the plants. They can help your senior prepare a menu for the week and ensure there is no spoiled food left in their refrigerator.

They are also another set of eyes watching out for your loved one. With regular communication, they can alert you to any changes they have noticed in your senior or areas where they may be struggling. This can help you to make better decisions and coordinate the appropriate level of care.

- **High Quality, Trained Care**

Did you know that Always Best Care caregivers are trained in how to [effectively work with seniors](#)? They understand the challenges that seniors face and how to deal with issues related to aging, Alzheimer's, dementia, and other conditions. This can give you peace of mind knowing that your loved one is in good hands. Caregivers know how to support seniors in living as safely and independently as possible while receiving a level of care that is aligned with their needs.

- **Supports Aging in Place**

Many seniors aren't quite ready for the level of care provided in assisted living or a nursing home. They are still able to function fairly independently but could benefit from help with certain tasks or at certain times of the day. In-home care can be customized to these needs to provide just the right assistance for your loved one while allowing them to stay in the comfort of their own home.

Learn more about how [Always Best Care Senior Services](#) can support your loved one in aging in place more safely and comfortably by calling (855) 470-2273 today to schedule a free consultation. In-home caregiving could be just the change and help you were looking for this year.