



LIVING AT HOME SENIOR CARE Newsletter

Www.lahseniorcare.com

603-546-6060

About LAHSC

Living At Home SeniorCare is a NH State Licensed Home Health Care Provider.

Living at Home SeniorCare was established to help the elderly and disabled remain safe and cared for in the comfort of their own homes. We also provide respite for family members faced with the challenge of caring for elderly loved ones. Finishing our fourth year, we have delivered home care services to about 300 clients.

Home Care services include personal care, homemaking, dementia care, transportation, meal preparation, medication management & more.

For more information about how our services can help provide peace of mind to families and their loved ones, please call 603-546-6060 or visit our website at www.lahseniorcare.com

Family Caregivers...

Some Things to Consider

When people hear "caregiver," they often think only of professional caregivers. In fact, most caregivers are family members or friends. A caregiver is anyone who gives assistance to another adult who is ill, disabled, or needs some help. The care may range from modest tasks to round-the-clock assistance. And, while each person's experience is unique, the following are common challenges that many caregivers face:

Less time for personal and family life. Caregiving takes time. As a result, caregivers have less time to spend with other family members or less leisure time for themselves.

The need to balance job and caregiving responsibilities. Caregiving tasks—such as taking your father to the doctor, or talking to a social worker about community services—usually must be done during work hours. This can present problems on the job.

Financial hardships. The products and services associated with providing care can be costly. Those costs can quickly add up.

Physical and emotional stress. Especially for those providing intense levels of care for long periods of time. Being aware of the additional stress planning for them can help you better cope with these new responsibilities.

Meeting Loved Ones' Needs The following are some steps that new caregivers can take to address their older loved ones' needs.

Determine housing options and preferences. Are your older relatives still able to move freely and do things around the house? Have they thought about living somewhere else? Options to consider could include staying in their current home with some changes or with some help; moving into some form of assisted living; living with relatives or others; or entering a nursing home.

Learn the medical history. Do they have any medical conditions or health problems that are hindering their ability to live independently? Who are their doctors? What medications do they take?

Make a list of people in their personal support system. Get contact information for everyone on the list. These could include emergency contacts, other close friends and relatives, neighbors, members of their church, and others.

Create a financial profile. List sources of income, such as Social Security and pensions, monthly and yearly income. List expenses, accounts and investments. Get important account numbers in case these are needed in an emergency.

Review legal needs. Determine which legal documents they need—wills, advance directives, trusts, powers of attorney, etc. Find out where they keep important documents such as their birth certificate, deed to home and insurance policies.

Gather information about services. These services include home care, adult day care services, home-delivered meals, and help with everyday activities.

http://www.aarp.org/families/caregiving/caring_help/a2003-10-27-caregiving-newcaregiving.html

Spotlight on Services...

We have a dedicated team of caregivers who are available to serve our clients overnight as needed. What does this mean to you? If you are a family caregiver who is trying to balance working during the day or caring for family and an elderly loved one living with you who is apt to get up during the night...and you are not getting enough rest...call us! We can give you some respite and help you catch up on your ZZZ's!

Spotlight on Employees...

Congratulations to Hollie Connolly, who received her RN from Rivier College and now is serving our clients as a Home Care Nurse.

Welcome to Linda Manning who has joined our staff as payroll and billing manager.

Fond farewell to Bethany Bickmore, Heather Barss, and Kimberly Beaudreau, LNA's who have returned to Nursing School. We look forward to seeing them back in the spring to once again serve our clients.

The Constant Corner

From the desk of Officer Jane Constant
Senior Relations Officer Nashua Police Dept 603-594-3628

Did you know that seniors are most susceptible to fire deaths? According to the US Fire Administration, the fire death rate for those over the age of 65 is twice as high as the national average. For seniors between the ages of 75-85, the death rate is three times the national average. The statistics are alarming. There are 5 things you can do to greatly reduce this rate:

1. Change smoke alarm batteries twice a year. Install alarms on every level of the home and outside all sleeping areas. Test each alarm monthly.
2. Change or update escape routes. Plan and practice home fire escape. Have 2 ways to get out of each room if possible.
3. Change unsafe smoking habits. Careless smoking is the leading cause of fire deaths among Americans 65 years of age and older. Soak ashes in water before discarding them. **AND NEVER SMOKE IN BED.**
4. Change unsafe cooking habits. Never leave food cooking on the stove unattended. Wear tight fitting clothing so the sleeve doesn't dangle over the fire and then catch on fire. Clean the grease off your stove regularly.
5. Change unsafe heating practices. Do not store combustibles near the furnace, hot water heater, or space heater. **NEVER USE A STOVE AS A SUBSTITUTE FOR A FURNACE OR SPACE HEATER.**

REMEMBER: These guidelines and stay safe. Know the escape route if something should happen. Keep the telephone number of the local fire department nearby. It can be quicker than calling 9-1-1, wasting precious seconds waiting for the call to be transferred to the nearest fire department.

Events and Sponsorships

Outreach to Our Communities

Team Living at Home will be participating in the **Alzheimer's Association Memory Walk at Fisher Cat Stadium, September 15 from 9:30 am to noon.** Can we count on your financial support? Donations are tax deductible and checks should be made out Alzheimer's Association. Our goal this year is to raise \$1,000.00. Please mail your contribution to: Living at Home SeniorCare, 10 Northern Blvd., Unit 18, Amherst, NH 03031.

September 21 is **Senior Fest 2007.** This event takes place at Greek Orthodox Church at 500 West Hollis, Nashua, NH from 10:00am to 1:00pm. This is always a wonderful event full of great community resources for our senior population. This year Living at Home SeniorCare will be demonstrating the MD2 Medication Management System. Stop by our booth and enter to win a Wal Mart gift card. We will also be represented at the S.A.F.E. booth.

Living at Home SeniorCare will be exhibiting at the **"Independence & Aging" Resource Fair.** This is a statewide event bringing to together consumers, long term providers, aging services and product vendors. The date is October 1, from 10:00am to 1:00pm at the Grappone Conference Center, 70 Constitution Ave., Concord, New Hampshire.

For more information about the above events, please contact Frank Belfsky at 603.546.6060.