

Home Care Helps Seniors Age in Place Longer

Services provide everything from companionship to skilled nursing

When elder loved ones begin to require more care and attention, families immediately turn to nursing homes and assisted living facilities. But there are many more options available that allow seniors to remain at home while receiving attention from qualified healthcare workers.

With home care, families can hire a trained professional to provide support as little or as often as needed. From a visiting companion who checks in on their wellbeing to a skilled nurse, there are a wide range of services available.

“Many families are looking for ways to deliver professional care for their loved one without moving them into a nursing facility. Home care offers a way to extend their stay at home, the place where they are most comfortable and at peace and feel safe,” said Caroline Rumowicz, the Director of Saint Elizabeth Home Care, formerly Cathleen Naughton Associates.

More and more, seniors are

planning to remain in their home for as long as they can. And home care is one of the tools to make that possible.

Services cover a wide range including physical, occupational and speech therapy, nursing, bathing and personal care, meal preparation and light housekeeping, shopping, assistance with exercise, transportation and errands and, of course, companionship.

Rumowicz told the story of a client from Narragansett who retired from the Coast Guard and still loves the ocean. A Certified Nursing Assistant cares for him in the morning beginning with a drive to Dunkin Donuts to pick up a coffee. Then they ride to the beach together. After, she takes him to the YMCA where he participates in a group exercise class.

The CNA provides care and companionship to the client who lives on his own since his wife passed. She attends to his health and wellness, provides a valuable check-in and offers the opportunity to

socialize and enjoy a much-loved activity.

In addition, many organizations, like Saint Elizabeth Home Care, offer specialized care for people experiencing memory-related conditions like Alzheimer’s or motion and movement challenges from diseases like Parkinson’s.

Home care is also a great resource for anyone recovering from surgery or an illness. In the comfort of their own home, patients can work on the recovery process and regain their strength and mobility.

Health insurance plans often provide coverage for home care. The amount varies by provider. Based on a client’s eligibility, a care manager will work to coordinate the services they need as well as the frequency and scheduling.

No matter where a client is located, there is an agency that serves that community. For a complete list, visit: <https://health.ri.gov/healthcare/providers/homehealthagencies/>