

5 Reasons to Hire an In-Home Caregiver

There are a number of elder care options for individuals with dementia and Alzheimer's disease. Nursing homes can be expensive, and transitioning to a nursing home or an assisted living facility can confuse and stress your loved one. Depending on the level of services your loved one needs, in-home care may be the right decision for you and your loved one.

Here are five reasons to choose home care:

1. Assistance

Your loved one may find regularly easy tasks more and more difficult. In-home caregivers regularly assist with hygiene, light housekeeping, meal preparation, errands, and shopping.

2. Companionship

A loved one with dementia or Alzheimer's disease may find the diagnosis daunting or socially alienating. In-home caregivers are excellent conversation partners and confidants. Keeping your loved one social, active and happy will improve his or her emotional well-being.

3. Independence

Moving a loved one into a nursing or retirement home may cause him or her more confusion and anxiety. With a non-medical, in-home caregiver, your loved one can maintain his or her daily activities in a safe and familiar environment as long as possible, thus improving their quality of life.

4. Peace of Mind

Non-medical caregivers are there to look after your loved one, and tend to his or her general health and wellness needs. Whether you live across the country or down the street, in-home caregivers are there to tend to your loved one's safety.

5. Self-Care

It can be physically, mentally and emotionally taxing to care for a loved one with dementia or Alzheimer's. In fact, a family member that has assumed the caregiver role is at an increased risk of depression and chronic illnesses. To effectively care for others you must take care of yourself first. Non-medical, in-home caregivers give you time to recharge your batteries, work and take care of other responsibilities.