

CARELINK

Volume 1, Issue 1
September, 2007

Tip of the Month

The elderly can become quickly dehydrated during the hot summer months. Make sure you or your loved one drinks plenty of fluid (unless on a fluid restriction) and encourage their caregiver to do the same.

Inside this Issue

Live-in care	2
Deep Breaths	3
Medications	3
Lifestyle	3

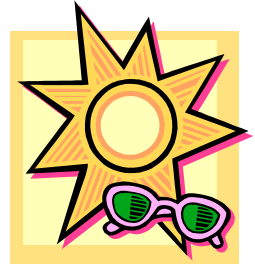


Custom Home Care, Inc 773-561-4663

News From Custom

Our Agency

Custom Home Care, is a fully licensed home care agency with over 300 employees working in the Chicago land area. Our caregivers are honest, kind and devoted to caring for Seniors. Many of them have been working with Custom for years. Custom tries hard to match the right Caregiver with the each Client, we assess every case individually. Custom would love the opportunity to show you how much we care. Providing excellent care to our Senior population is our mission. Give us a call to discuss your needs.



Reminders

Home care expenses may be tax deductible, ask your tax accountant for further information. Custom does provide yearly statements upon request.

Credit Cards

Would you like us to accept credit cards for your invoice payments? If yes, please call the office or send an email to chris@customhomecare.net

Referral Bonus !

Recommend Custom Home Care for home care services to a relative or friend and receive \$100 off your next invoice.

LIVE-IN CARE

Who needs live-in care?

Seniors who live alone and need monitoring day and night may require 24 hour care.

These seniors may not only need assistance for bathing, meals and personal care but also for safety at night.

Frequently after a hospitalization, fall or other

traumatic event it is best to start with live-in care and re-evaluate the Senior's home care needs as their situation/health improves. It can also be helpful to have a caregiver report on how well a Senior is functioning day to day. Making an assessment on a Senior's function-

ing level requires more than just a brief assessment or few questions asked. Having a live-in Caregiver can assist family members in assessing whether or not a Senior is able to function independently at home. Senior's with dementia should always have full time supervi-



***Compassion
is the basis
of all
morality.***

LIVE-IN CAREGIVERS

Who would want to be a live-in caregiver? Many of us have a hard time understanding this arrangement. Live-in Caregivers truly enjoy the company of Seniors. They like the companionship of Seniors and feel very comfortable with

living in a Senior's home. They like routine and familiarity and usually dislike going from job to job. Many do not have children at home and are free to live independently. Live-in arrangements allow caregivers to save money on their liv-

ing expenses, transportation and meals. Live-in caregivers do need scheduled break times throughout the day and at least 6 hours uninterrupted sleep per night. If a Senior is up frequently at night, a live-in arrangement may not be an option.

BENEFITS OF LIVE-IN CARE

Live-in care can be very cost effective. Frequently a caregiver that works 12 hours a day will cost more than a live-in Caregiver. Many Caregivers dislike commuting back and forth to work and prefer to live-in with a client for 4 or 5 days per week, and enjoy their so-

cial life on days off. We do strongly recommend having 2 live-in caregivers split the week of live-in care. This allows them time off to relax, see family and friends, thus avoiding burnout. In addition, if one live-in caregiver becomes ill or takes a vacation, the

other can temporarily fill their vacancy, without adding someone new into the Senior's life. Seniors like routine and consistency and having two Caregivers working with a live-in client is the most effective way to provide continuity of care.

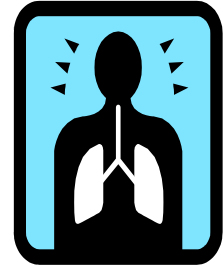


BREATHING EXERCISES

Feeling anxious, stressed, angry, or tired, try deep breathing exercises. When we inhale we normally take short shallow breathes which never fully expand our lungs. The problem is we do not allow our breathing to occur smoothly and naturally. This can cause a decreased amount of oxygen flow to our cells, organs and brain. Everyone benefits from deep breathing, especially Seniors with decreased lung function. Deep breathing

exercises have been around for centuries and are practiced today by many. The correct way to breathe is to inhale deeply through your nose and exhale through pursed lips. You should notice that your abdomen rises or contracts on inhalation not your chest. When you slowly exhale through pursed lips your abdomen should return to normal. Try to hold your breath a few seconds after a deep inhalation before you slowly exhale. Do this

breathing exercise slowly 10 times and you will calm yourself and feel more energized. Try this also: Inhale half the amount of air to take a deep breath and hold for 3 seconds. Without exhaling, inhale the rest deeply and hold 5 seconds, slowly exhale and repeat several times. This exercise allows you to bring the air into the very base of the lungs. These exercises take practice, have patience!



MEDICATIONS AND SENIORS

Medications are instrumental in the lives of many seniors. Proper use of medication is a critical factor for safety. Overuse or misuse can cause impairment in judgment, functioning and memory. Taking multiple medications can be very overwhelming for Seniors. The following are tips to make sure you or a loved one are taking medications safely.

- Review your medications with your primary physician.
- Bring the medication list and if necessary the pill bottles to your next appointment. With all the specialists today, many people are prescribed medications from multiple physicians.
- Use pill boxes to set up medications on a weekly basis. This helps to remind you if you occasionally forget whether or not you have taken a dose.
- Review your medications frequently with your physician.
- Educate yourself on your medications; purpose, potential side effects and how to properly take and store them.

Today seniors are taking more medications than ever, which can be very confusing.

LIFESTYLE CHOICES

You as an intelligent able bodied person can make life decisions that will affect the rest of your life.

You can decide to:

Sit and watch another TV program or get up and take a walk alone or with a friend.

Eat that big gooey piece of cake after dinner or go play cards with friends, read a book or do a crossword.

Sit alone, isolated from others or call a friend and make some plans or join an organization that interests you.

Make excuses because of poor eyesight/hearing loss or research new options with your physician for possible new technology and treatment.

Complain about getting older or embrace the "Golden Years", and enjoy yourself!

