

Welcome to our Newsletter!

Welcome to the Heritage Senior Care Inc. Newsletter, we are so excited to share this newsletter with our senior clients, their families and the community.

Heritage Senior Care Inc. has been serving the needs of seniors for over 35 years. Our mission is to help seniors who wish to remain in their homes, but may require assistance with activities of daily life, transportation and companionship.



Beyond Adult Day programs, your local senior center has many offerings: from exercise class, needlework, Bridge and Gin Rummy and Laughter yoga- find out what suits you and try something new!! (:

Image retrieved from: istock photo

Hot Topics: Supplemental Care Options

Last year we highlighted the benefits of Adult Day Care: which can optimize the quality of care experience for your aging loved one by providing a full or half- day of activities, a licensed RN on-site to help manage medication, meals and even transportation (provided with a nominal donation fee). What we would like to expand upon in this Newsletter is how to incorporate something such as Adult Day Care and attach this supplementary service to the existing care plan. Adult Day Programs promote not only an option that may work in the best interests in your aging loved one, adult day care can afford family members with valuable time for respite: the caregiver must also care for themselves, explore what options exist to provide yourself or someone you know that is caring for a loved one with resources that allow some much needed Rest & Recuperation.

Ideas on creating an affordable care plan for your loved one:

We have all heard of ‘bundling’ services together, however, in the realm of senior services our priority is to heighten the care experience, in this respect we could refer to what is known as a ‘Triage of Care,’ that is affordable, flexible and beneficial and works in the best interest of all parties involved- for example:

#1. First, let’s examine what is to be afforded through a Medicare Insurance Plan (which encompasses different parts (A- Hospital Insurance, B- Medical Insurance and supplementary coverage through part C- Medicare Advantage part D, usually involves prescription drug coverage). Based off of what plan you elect will determine the scope of coverage for the care received. For example, according to medicare.com, “Original Medicare doesn’t cover long-term nursing care at home: you can only receive part-time home health benefits from a Medicare-certified home health agency. If you qualify for this benefit, Medicare typically covers care fewer than 7 days each week or less than 8 hours each day over a maximum period of 21 days.” (Retrieved from: <https://medicare.com>). For this reason, it is crucial to see what other supplementary care options exist beyond what is covered by an insurance plan, such as Medicare.

#2. Secondly, there are ‘Non- Medical Home Care’ options such as what we offer at Heritage Senior Care Inc. which can assist your loved one with non-medical tasks such as: meal preparation, medication reminders, bathing and incontinence care. It is important to stress that whether you have Medicare Part A or Part B - tasks such as dressing, bathing, toileting etc. are not covered because they are regarded to be personal care services. It is typical



Today, there exists many mobile Apps that can assist you with delivery of groceries visit the link below for more information

<https://www.bestproducts.com/eats/food/q1505/grocery-shopping-list-apps/>

Image retrieved from: istock photo

“If you never did you should. These things are fun and fun is good.”

Dr. Seuss

Contact Us

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for a home-health aide, Physical therapist or even Hospice Nurse to not spend anymore than 2-4 hours in the patient’s home, therefore non-medical services can help to complement the current care plan; helping to fill the gaps where they may exist to further promote the well being of your loved one

#3. Lastly, there exists a plethora of local resources that can aid in assistance with the delivery of nutritious food. Meals on Wheels lunch and/ or dinner delivery may be an option; however, some of our senior clients have complained that they don’t taste ‘extraordinary’ - so there may be an option that exists beyond this classic, beneficial program. What exists right now in 2018, are many grocery delivery options, such as Instacart: where you log in your zip-code and shop available stores in the area- this is a great option for adult children that may be worried if their senior parent has an adequate food supply. There is a nominal fee involved, but factoring the money spent on gassing up the car, time spent (commuting to & from the store) finally the energy consumed getting the groceries in the house- a grocery delivery program such as Instacart may be a convenient option for you, your spouse or parent, please visit the link listed below for more information.

For More Information and additional resources that discuss available senior services in San Diego County, please visit:

Adult Day Programs contact information:

George C. Glenner Alzheimer’s Family Centers Inc:

<http://www.glenner.org> OR call- 619- 543-4700

Fallbrook Adult Day Care: <https://foundationforseniorcare.org>

OR call- (760) 723-0890

Americare: <https://www.americareadhc.com/>

OR call- (760) 682-2424

San Diego Food Bank :

<https://sandiegofoodbank.org/programs/neighborhood-distribution-program/>

Instacart: <https://www.instacart.com>

