

Volume 2 / Issue 9

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 34 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.



Practice the Art of Self Love:

To give care is not necessarily to receive it, many caregivers have difficulty taking care of themselves. Take the time to practice self-love- whether it is reconnecting with a hobby such as gardening or painting or enjoying light exercise such as riding a stationary bicycle or taking a yoga class. Finally, try to state a daily affirmation to remind yourself of how special you truly special you are to offer your care, dedication and love to your family member who needs you.

Hot Topics: The Importance of Respite Care for Family Members

Family members account for 85% of non- medical homecare and 48% of those receiving care live in their own home, (retrieved from: Family Caregiver Alliance, www.caregiver.org). Some caregivers were pivoted into this role because of a change in health condition, disease, surgery or an accident contributed to their loved one's limitations to take care of their Activities of Daily Life, (ADLs).

Respite is defined as: 'a short period of rest or relief from something difficult and unpleasant.' While it is a privilege to take care of a family member and we want to provide continuous love and care, doing so can be exhausting: physically, mentally and emotionally. So, when is it time to reach out for help listed below are some signs that you or someone you know may need Respite Care.

Recognize your feelings about caring for a loved one:

- Have you grown resentful towards your loved one who needs care?
- Are you tired constantly and feel isolated and/or depressed?
- Do you dread the next day because you are wary of what could happen?
- Have you missed Dr's appointments, or missed a dosage of medication?

If any of these questions you answered yes, don't feel disappointed. It is critical to realize that it is completely normal to experience stress and exhaustion as a caregiver to someone who is close to you. At Heritage Senior Care Inc., we would like to outline a few Respite options to help you navigate through this difficult time.

Connect with resource center that offers support:

As mentioned above a wonderful resource exists that is available nationwide: Family Caregiver Alliance: National Center on Caregiving offers online support and includes insightful articles about tips for family members taking care of their loved ones. Please call: 1-800-227-7294 or visit <http://caps4caregivers.org> Also, please visit the County of San Diego's 211 hotline that will connect you, or the recipient of your care to many helpful resources to help you balance caring for someone else, while still caring for yourself. Call 211 or visit <https://211sandiego.org/>

Look into existing options that would allow you to access affordable homecare

Is your loved one a veteran? If so, there are a few avenues to help you access affordable home care such as the Aid and Attendance Benefit, Surviving Spouse Death Benefit, also there is the VA 'Homemaker Program,' (which requires a service related injury, along with other requirements to qualify, but could lead to homecare at no cost for your loved one). For those who are not affiliated with the VA, inquire to see if a Long-Term Care Insurance policy exists - if your parent opened a policy several years ago you may not be aware that this could help cover the cost of homecare.



For More Information on additional resources that discuss how to access Respite Care for yourself or someone else, please visit:

<https://archrespice.org/consumer-information>

<http://caregiveraction.org/respice-time-out-caregivers-part-1>

<https://caregivercenter.org/>

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“The closest thing to being cared for, is to care for someone else.”

Carson Mc. Cullers
