

Finding the Right Caregiver for Your Loved One

A sudden change in health often sends families into turmoil. Events like this can often be perplexing and overwhelming. Thankfully, today there are an array of resources that can bring peace of mind and quality care in the comfort of your own home.

Proceeding to find someone or someplace to help can occur through a variety of sources. Reputable home health and caregiver agencies can provide the support you need to build a lifestyle for aging gracefully.

Regardless of the type of service used, taking charge starts by developing a plan. Finding the right person or environment involves your best evaluation of a few key thoughts and questions:

1. Look at the company's qualifications and reputation:
 - How long have they provided the services?
 - What experience do they have that resembles the duties that are needed?
2. Get feedback regarding their reliability.
 - What do former clients say about them?
 - How comfortable are you that the person will show up and follow up with what needs to be done?
3. Evaluate if the person or place is compatible with your loved one.
 - How does the company screen and do security checks?
 - Will this person or place genuinely look out for your loved one's well being?
 - Is the person or place open to working with you to ensure the family needs are met and honor the family to be part of the process?

Recognizing that Mom and or Dad need help is the first step. Taking time to connect with others through friends, family or agencies will help you stay on course and succeed in developing a plan that works best for you and your family.

Remind yourself that life is a journey with different chapters. Thankfully, we are blessed with choices and resources. Each day we can discover new connections that enable us to carry on. Your challenge is to take advantage of those options so your loved one can **Age Gracefully with Dignity and the Joy** they deserve. Aging with joy involves persevering and experiencing family traditions that are near and dear to you. Keeping loved ones connected to each other is the key—because family does matter!