

# Home Health Care:

## Allow Your Loved Ones to Age at Home

By Lee Ann Stedman

Caring for an elderly loved one is a growing concern of many middle-aged adults. The stress is increased when the loved one is ill or exhibiting signs of dementia. The fastest growing segment of the U.S. population is our seniors – those over 65. Many families are finding themselves raising children and caring for parents at the same time.

We commend you for making the difficult yet rewarding decision to be the primary caregiver of your loved one. We are aware of the sacrifices you make. Job, spouse, kids, church, home and other activities have left you with a pretty full plate, and now you've added one more thing. Although they may not show it, your loved one is aware of the pressure their care has placed on the entire family. Sadly for families that don't ask for help, this stress can reveal itself in ways that undermine the health and emotional welfare of everyone. Many caregivers feel depressed, trapped and angry. You may argue with other family members, not have time for your spouse, or have given up a cherished routine such as exercise or going to church. The great gift that you are giving to your loved one is at risk when you are not taking care of yourself both physically and emotionally.



When you choose to seek help, you are making a wise decision. According to a November 2009 study by the National Alliance for Caregiving in collaboration with AARP, “**23%** of family caregivers caring for loved ones for 5 years or more **report their health is fair or poor.**” In addition, seeking help for some of the tasks that you perform on behalf of your loved one frees up time to enjoy their company, rather than always be doing “for” them.

Circle of Care, LLC is dedicated to helping families in Southern Maryland care for their loved ones in their own homes. Since 2001, we have served over 500 families with non-medical tasks ranging from companionship and errands to full personal care (bathing, toileting, etc.). We acknowledge that while home care may be the ideal choice for your loved one, the dangers of being alone make for a stressful situation for the entire family. A home care company can help you on two levels:

**Companion Care/Housekeeping** – This level of care provides light house-keeping, meal preparation and other tasks such as laundry, errands, and appointment escort. Your loved one's companion ensures basic safety and provides friendship. Furthermore, companions can provide sitter services while your loved one is in the hospital or nursing home.

**Personal Care** – In addition to providing the services listed above, a personal caregiver can provide stand-by supervision of activities, bathing, showering, and toileting assistance. They can provide personal grooming such as dressing, hair care, and simple oral care. If your loved one is bed bound or unable to walk, personal caregivers can turn and position, transfer, and provide wheelchair assistance.

All of the services that Circle of Care provides receive on-going monitoring of needs by a staff nurse and case manager. Services are available for just a few hours a day all the way up to live-in care. While we serve a predominantly senior client base, Circle of Care is also available to provide care to those recovering from surgery or injury.

Our staff and caregivers are carefully selected following reference checks, skills assessments, and a comprehensive criminal background check, including a Motor Vehicles Administration check. Our team of caregivers is compassionate and patient, dedicated and experienced. We're proud of our exceptional reputation in the Southern Maryland area and would be happy to provide references from current and former clients. Our professional staff will work with you to determine the best plan and schedule to assist your loved one with daily life activities, and to provide you with much-needed support and respite.

Call us today to find out more about how we can help you care for your loved one! \*

### About Circle of Care

Circle of Care is bonded, insured and duly licensed by the State of Maryland's Office of Health Care Quality as a Residential Services Agency. Circle of Care is a proud member of the Maryland National Capital Homecare Association.

Home care for your loved one.  
Support for you.



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