

Home Care for Seniors

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HERITAGE HILL HOME

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When asked, most seniors would prefer to stay in their own homes for as long as possible without going to an assisted living center or nursing home. While there are those people who enjoy change and would prefer to live in an assisted living facility where they have their own room, new friends and help when they need it, the majority would rather grow old in comfortable and familiar surroundings, even though sometimes it is just not possible.

Loss of independence is, for many, one of their greatest fears. When this is the case, home care for seniors or an Assisted Living Facility with an intimate home environment like what we offer at Heritage Hill Home, a residential care facility in Forney, Texas is a good option, when complex medical conditions are not required, but some assistance is needed. We offer direct nursing care.

It decreases the likelihood of severe depression that many who enter nursing homes experience. By staying at home or being in an environment that mimics the comforts of home, individuals have more choice in the time they get out of bed in the morning to the time they eat their meals, and feels less institutionalized. Home care and smaller Assisted Living facilities is often more cost-effective than care in a nursing home as well.

There are many different types of services that are available for seniors who want to live at home. The first is homemaker services that can include help with cooking or light cleaning as well as doing the individual's laundry, grocery shopping and some other light household chores. Sometimes homemaker services are all that are really needed and take a large time-consuming burden off the shoulders of family members.

Personal care services and the services offered at Heritage Hill Home are very similar. They include assistance with a variety of daily living activities such as bathing, dressing, toileting, grooming and eating.

If a boutique style Assisted Living facility like Heritage Hill Home is not an option that you or your loved one will consider, moving along the continuum of home care options is a home health care aide who will help with nursing needs, speech, occupational, physical or respiratory therapy as well as social care or psychiatric care. Senior community centers or adult day care centers, or daily facility-based programs that meet the needs of seniors through monitoring or companionship during the day.

Another option for senior in-home care is a respite care. Often times the care of an adult senior falls on the shoulders of their family members. Sometimes this care is time-consuming, physically taxing and emotionally challenging. Respite care workers are trained volunteers or paraprofessionals who stay with your loved one and take over your caregiving role for several hours or several days that gives a reprieve to the caregiver. These reprieves are important for the caregiver's own mental health.

Some seniors require more consistent and intensive care and are best suited by live-in help. This type of care is important when family members live a long distance away or when the primary caregiver cannot be there in person. Room and board and an additional salary is often provided in exchange for a meal preparation, light housekeeping and other non-medical services.

It is currently estimated that there are approximately 22 million Americans who are providing care for an elderly or aging parent. After a lifetime of performing their own everyday personal care activities the progressive inability of senior adults to continue to care for themselves can be devastating.

Seniors may require home health care or the services of an Assisted Living facility like Heritage Hill Home if they are unable to do any of the following:

- bathe or shower on their own
- wash their hair or brush their teeth
- are unable to dress themselves in the morning or undress at night
- cannot move around on their own or
- cook for themselves
- drive themselves to the doctor or the grocery store
- do their own light housekeeping
- wash the dishes
- clean their bathrooms
- do laundry or ironing
- change linens
- Help with medication

When our residents need more skilled nursing services such as physical therapy, we partner with Home Health agencies to provide these services to our qualified residents at no additional cost.

Homemaker services or boutique style Assisted Living Services may be necessary if an aging parent is unable to do any of the above. Each of these services we offer at Heritage Hill Home in Forney, Texas.

We also offer Respite Care for individuals whose home health aid is required to take a short time away from caring for their patient, due to things such as emergencies, vacations, family obligations, and other commitments.

In-home senior healthcare has been a blessing to many families. It enables them to keep their aging relatives home and happy while being cost-effective at the same time. When this option is not possible, the next best choice is a boutique style Assisted Living facility such as Heritage Hill Home, which offers assisted living services in a community based, personal residence offering the comforts of home with a small experienced staff and just a few residents.



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