

Home Health Care: The Advantages of Staying at Home

There may come a time in your life when you need some extra help but are not ready to give up living at home, or you may be taking care of an elderly loved-one who requires more help than you are able to provide, yet neither of you is ready to make the move to an outside facility. Losing one's independence is never an easy journey, but the home health care advantages provided by Independent Nursing Care can make this journey less about losing independence and more about simply accepting new and caring people into your life.

Independent Nursing Care, LLC (INC) provides a number of services that can prolong quality-of-life in ways that no outside facility can match. INC provides one-on-one care, helping elderly members of the community remain in their homes longer than they might without quality home health care.

The first step is to recognize the signs that someone is in need of assistance before the situation deteriorates and options for care become limited. Occasional forgetfulness is something with which we are all familiar; however, when the occasional slip becomes a pattern, it is likely that the time for intervention has come. Some other signs may be

- Forgetting to take medication
- Inability to operate household machinery such as the microwave, stove/oven, washing machine, telephone, TV remote, etc.
- Inattention to personal care – not bathing or changing clothes
- Loss of driving skills
- Losing one's way in familiar territory (grocery store, neighborhood, etc.)

Providing tailored assistance will be immeasurably more comforting to the person losing these basic skills than a traumatic move into a nursing facility. INC's highly-trained and caring staff will become an integral part of life and a trusted asset for both the client and his or her family. In addition, INC care providers live and work in the same community as our clients, giving them an immediate sense of familiarity with clients' neighborhoods, shops, banks, etc. This can be quite comforting for both parties.

While individual situations will vary, INC has the flexibility to meet a wide range of needs. Some may simply need assistance with everyday tasks:

- Medication reminders
- Running errands
- Personal care
- Meal preparation
- Cleaning

Nursing staff can help with medical needs and our flexible scheduling ensures that we fit into *your* life, not the other way around. We can be there as much or as little as you require. And we can communicate with our client's family as much or a little as desired.

24-hour/7-days-per-week services are available on a daily, weekly, monthly or as-needed basis. Our registered and licensed care-givers include the following

- RN – Registered Nurses licensed by the State of New York.

Provide skilled nursing services, client assessments, education, and medication management.

- LPN – Licensed Practical Nurses licensed by the State of New York.

Provide medication management, wound care, personal care, and other nursing duties.

- HHA – Certified Home Health Aides.

Assist clients in the home with personal care, light housekeeping, laundry, meal preparation, and other activities of daily living.

- Hairstylist – Licensed by the State of New York.

Comes into the home or facility for a cut, style, and/or perm for women, or a shave and/or cut for men.

Possibly the greatest asset home health care can provide comes from the intangibles:

- Ability to maintain independence
- Remaining within the comforts of home
- Privacy
- Dignity
- Maintaining capabilities
- Continuing to live with or near family

All of the above support a general sense of well-being, both physically and emotionally. The caring staff and flexible services of INC optimize the quality-of-life of our clients and establish lasting relationships between care-giver and client. Our goal is to ease a challenging time of life for our clients and their families and provide better health for all!