



By Erin Somers

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SEARCHING FOR GOLD IN THE GOLDEN YEARS

There is an old saying: “If you want to hear a good laugh, tell God your plans.”

As I have aged, I have come to accept that some of my best-laid plans may be derailed because “life gets in the way.” It’s true. Accepting a new unexpected reality isn’t always easy for me, and I know I’m not alone.

Many seniors are now finding their reality isn’t matching up to their dream of retirement. They are searching for gold in their golden years and they need help finding it.

Health issues and the depression that can accompany them are a daunting area of stress for our seniors that is easily extended to worried family members who work tirelessly to accommodate their aging loved ones. This process can be exhausting and overwhelming for all involved.

So, how do you “find the gold?” That is the million-dollar question... and the answer is easier than you think. It’s called *home health care*. It is a concept that is rapidly growing in the United States, as our baby boomers are aging into senior territory. If you have never investigated home

health care options, you may be very pleasantly surprised by the vast services a home health agency can provide, including skilled nursing services in order to deal with almost any health issue.

A home health aide (HHA) is trained at the agency to not only give the highest quality medical care, but also provide an array of non-medical services including: bathing, grooming, shopping, light housekeeping, transportation, cooking, and perhaps most important of all, *companionship*. These services can actually help the family as much as the client.

In many circumstances, with the assistance of a HHA, seniors can actually begin a new and exciting life. A HHA is trained to encourage their clients to participate in those activities that give them the most pleasure. That could be a stroll in the park, enjoying a meal at a favorite restaurant, or pursuing the arts.

Another benefit of home health care is the ability to keep your loved one in their own residence as oppose to living in an assisted living facility. Baby boomers are



not going down without a fight and overwhelmingly, they prefer to live in their home.

Home health care can also give seniors an important sense of freedom that they might not have otherwise, while giving the family peace of mind, which is priceless.

Very often over time, the HHA becomes more of a trusted friend or family member than an employee. (For those of you with security concerns, a Level 2 criminal background check is required for all home health employees.)

Another benefit is that you decide the schedule for home health. It can be four hours a week or 40, as home health care is tailored to the client’s needs.

I encourage you to find the gold in the golden years with the assistance of Home Health Care.