



Caring You Can Count On: Home Care Tips from Central Penn Nursing Care

ACTIVE PARTICIPATION

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Seniors who have chosen to “age in place” may become sedentary. This can lead to feelings of loneliness and depression. Compassionate home care aides can help their senior clients by spending some time in fun activities with them. It may be as simple as singing along to a familiar tune. Leafing through old photographs can evoke fond memories. Caring for house plants and basic, outdoor gardening tasks can be pleasurable and fun. Aides can read to their clients or pass the book back and forth and share the task. Whatever the activities or games, they should be simple and involve basic skills that are familiar and easy for the seniors to accomplish.

While we're happy to help with the everyday chores like bathing and cleaning, we know that companionship and mental stimulation are the most important service that we provide. If your loved one is engaged and active, he or she will be happier and so will you. Don't you both deserve that?

Did you know if you are a Veteran of World War II, the Korean War or the Vietnam War you may be eligible for Home Care benefits thru the Veterans Administration?

P.S. Central Penn Nursing Care home care aides can bring simple board games to play with their clients.

Call us in Lancaster (717) 569-0451, or you may contact us through our website at www.cpnc.com. *Home care you can count on!*