



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

HEALTHY RESPONSE

December 5, 2011

Some seniors face challenges when it comes to meal time. Home care aides can assist them by purchasing appropriate products, preparing tasty meals, and providing company while the seniors are eating. When shopping for seniors who may have problems with managing hard foods, aides can select items like juices, creamed and mashed vegetables, puddings, soups, and ground meat. They can make certain that the seniors have a selection of fresh fruits as well as canned and pureed varieties. The aides can do the shopping independently if the seniors are not able or do not choose to accompany them. At meal times, aides can prepare simple meals for the seniors and offer them company while they eat.

It's hard enough to shop and cook for your immediate family. Add in the special dietary needs of your aging loved one and food preparation quickly becomes a full-time job. Our caregivers will take over *all* the daily tasks that can be so wearing, including meal planning and food shopping.

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 check expiration dates and nutritional information on foods they purchase for their senior 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!*