

# HELPFUL HOME VISITS

A Guide to Companion Care Solutions for Elders  
to Continue Living Independently at Home



# HELPFUL HOME VISITS

|                               |         |
|-------------------------------|---------|
| What are Helpful Home Visits? | Page 03 |
| Benefits of Companion Care    | Page 04 |
| Why Choose Companion Care?    | Page 06 |
| Types of Helpful Home Visits  | Page 07 |
| Resources                     | Page 08 |
| Director of Care              | Page 09 |





# WHAT ARE HELPFUL HOME VISITS?

A national survey<sup>1</sup> revealed 78% of Canadians want to age at home – but only 26% predict they'll be able to do so.

Major challenges for aging adults who prefer the comfort of their own home include:

- inability to maintain property
- inadequate finances
- illness or accident

Helpful Home Visits™ are a way to address the challenges and changes that come with aging.

It allows older adults to get personalised attention and support for non-medical activities, like:

- household tasks
- preparing meals
- running errands

But also important, it provides ***a companion that provides the practical help and emotional support for elders to truly thrive.***

It's getting elders – and their loving family members – the help they really need.



# BENEFITS OF COMPANION CARE

Companion care provides aging adults with the personalized attention and support they need to continue an independent life at home.

Companion care is a non-medical home care service that includes personal care and household assistance. Although these services are not complicated, they are, for many elders, essential – sometimes the difference between remaining at home versus entering a more expensive assisted care facility.

Having a companion is about getting elders the practical help and emotional support they need to truly thrive.

Companion care is rooted in the idea of helping elders at every stage of life's journey – and the belief that friendship and social support can contribute to elevating an elder's health and quality of life.

Companion care is convenient, flexible and easy to get started.

Helpful Home Visits complement your elderly loved ones daily activities while providing them with the ability to make their own decisions with respect to their needs and lifestyle.

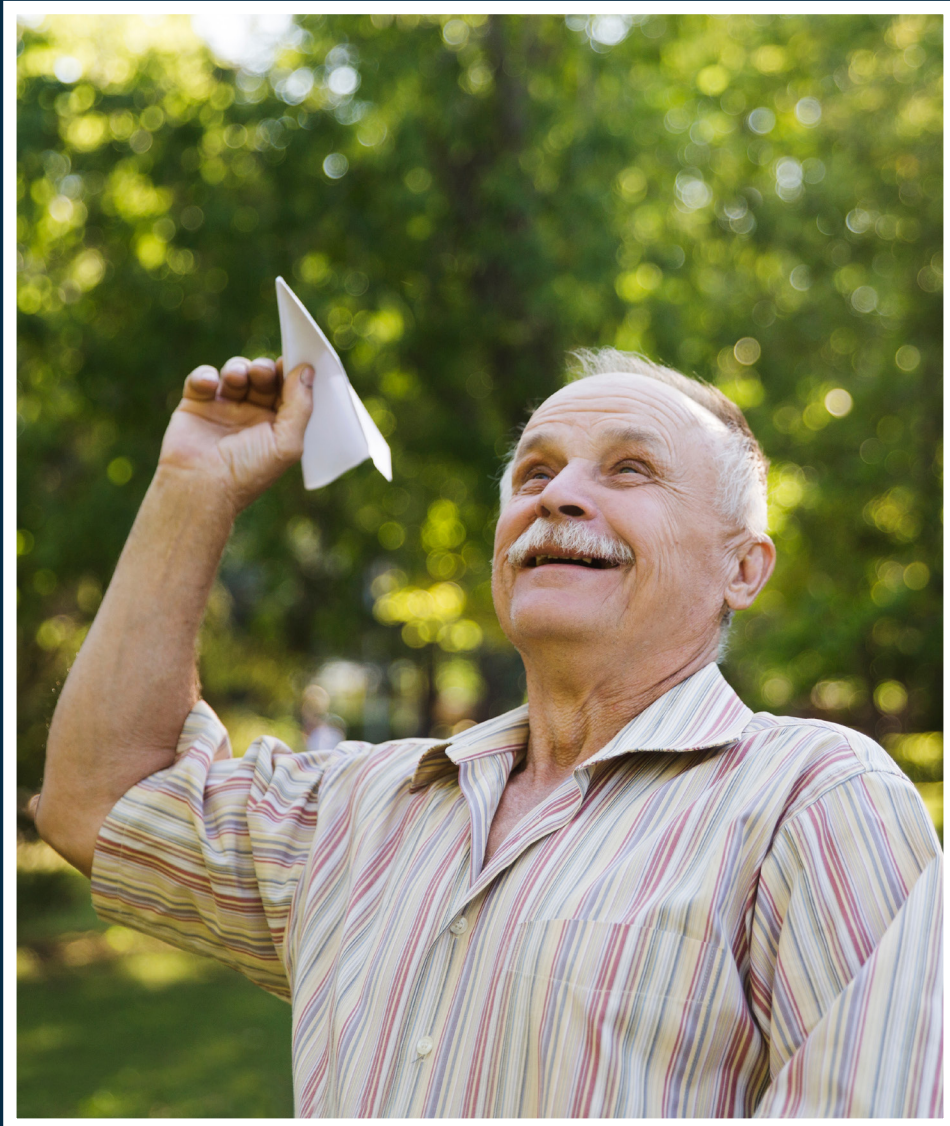
Visit [athomeeldercare.ca](http://athomeeldercare.ca) to learn more about our companion care services for elders living independently at home in Hamilton.



Companionship is at the heart of what we do to enrich the lives of aging adults and support the enjoyment of being at home for as long as possible.

**“The longer I live, the more beautiful life becomes.”**

Frank Lloyd Wright



# WHEN IS COMPANION CARE NEEDED?

Here are a few situations when elders who want to continue living independently at home may need companion care.

- Someone living alone due to spouse passing away
- Someone living on their own in a retirement home
- Family members that live far away
- Family that are busy with the day to day demands of their own lives
- Someone who has recently retired
- Someone requiring routine (*creates new patterns in the week and new responsibilities - creating accountability*)
- Someone at risk of depression (*for most people, a lack of companionship isn't just sad, it is dangerous. Seniors facing isolation are at a higher risk of depression, which, as it sets in, can lead to more isolation and increase depression severity.*)
- Someone with cognitive decline, requiring protection against dementia (*studies have shown that the more the seniors interact socially, the better they score on cognitive functioning. Researchers say it takes as little as ten minutes of talking to someone else to improve memory, providing the same boost as daily games and puzzles.*)
- Someone looking for peace of mind (*companionship provides seniors with a sense of security knowing there is someone there to help keep them safe when necessary, and also provides peace of mind for family members.*)
- Someone who has lost touch with old friends, old passions and hobbies (*companion care helps reinstate and maintain community ties by providing transportation and accompanying aging adults to appointments, events and recreational activities in the community.*)

# TYPES OF HELPFUL HOME VISITS

Each home visit can be scheduled during the time of day when your loved ones need the most help while complementing their daily routines.

## ALL CARE SERVICES

- Grocery Shopping & Delivery
- Housekeeping
- Meal Preparation
- Running Errands
- Post-Operative Care
- Decluttering & Junk Removal
- Technology Training & Support
- Recreational Outings
- Medication Management
- Safety Check-ins
- Accompanying Appointments & Transportation
- Financial & Money Management

## MONTHLY HOME VISITS

Casual visit to ensure that everything is running smoothly for mom and dad.

- ✓ Inspect home for safety hazards
- ✓ Check for outdated mail & expiry dates
- ✓ Ensure you have peace of mind

## WEEKLY HOME VISITS

Keep your loved ones socially engaged and living comfortably with weekly assistance.

- ✓ Assist with upkeep at home
- ✓ Arrange grocery delivery & pickup
- ✓ Plan social outings & events

## DAILY HOME VISITS

From post-operative care to downsizing at home, get personalised help for when it's needed most.

- ✓ Prepare nutritional meals
- ✓ Drive to meetings or appointments
- ✓ Support 'hospital to home' transition

# RESOURCES FOR AGING ADULTS LIVING INDEPENDENTLY IN HAMILTON

Below are resources with more information for aging adults who are living independently in Hamilton.

---

Helpful Home Visits [athomeeldercare.ca](http://athomeeldercare.ca)

---

Alzheimer's Support [alzda.ca](http://alzda.ca)

---

Recreation & Social Events [hamilton.ca](http://hamilton.ca)

---

Age Friendly Hamilton [coahamilton.ca](http://coahamilton.ca)

---

Emergency Resources [hamiltonpolice.on.ca](http://hamiltonpolice.on.ca)

---

Government Resources [ontario.ca](http://ontario.ca)

---







## ANNA IRVING-PECKHAM DIRECTOR OF CARE

My name is Anna Irving-Peckham and I'm the director of @Home Elder Care.

I believe in living a deeply fulfilling life and the joy we gain by exchanging stories and experiences with one another.

However, the pandemic has harshly exposed the vulnerabilities of aging adults and the challenges for families to support their loved ones.

There is an increasing need to enrich the lives of elders and companion care is a way to provide elders with the practical help and emotional support to truly thrive.

Right now, my vision is to provide ongoing support for elders in Hamilton so they can continuously enjoy an independent and active life at home.

It would be an honour to be a part of your journey.

For more information or to personalise a helpful home visit for you or a loved one, please visit our website or call:

**(905) 975-4412**



As a caregiver, I have the opportunity to make a difference in someone else's life by providing support and companionship.



[AtHomeElderCare.ca](http://AtHomeElderCare.ca)