



Midnight Sun

Home Care

Helping Alaska's Seniors
Stay *Happily* In Their Homes

Why IN-HOME CARE?

Finding Comfort
& Independence at Home



The Benefits

Home care offers seniors and their families a comforting, practical alternative to institutionalized care by allowing individuals to receive necessary support in the familiarity and comfort of their own homes.

Here are some of the many reasons families choose home care:

- **Comfort of Home:** Remaining at home means staying in a familiar, cherished environment. Surrounded by personal belongings and family, seniors feel more at ease and emotionally secure.
- **Family Involvement:** Home care allows families to stay close and involved. Whether checking in regularly or joining the care team in person or remotely, family members can stay connected to their loved one's day-to-day life.
- **Independence:** Home care provides a level of assistance that allows seniors to continue engaging in meaningful daily routines, preserving their sense of autonomy and freedom.
- **Avoiding Institutionalization:** With in-home support, many seniors can postpone or avoid the need for a nursing home or other facility, enjoying an environment that promotes dignity and personalized care.
- **Individualized Care:** Home care is highly personalized, tailored to the specific needs of each individual. Caregivers focus on the unique physical and emotional requirements of each client, making home care highly adaptable.
- **Cost-Effective:** Home care is often more affordable than residential care options. It allows clients to receive only the services they need, helping manage overall costs while maintaining quality of life.
- **Reduced Stress:** Staying at home minimizes stress for seniors who may feel anxious in unfamiliar or clinical environments. Home care helps reduce this stress and creates a calm, comfortable routine.
- **Healing and Health:** Studies show that seniors recover faster at home after hospitalization due to the supportive and comfortable surroundings.





Is It Time?



SIGNS TO LOOK FOR

STRUGGLES WITH BASIC DAILY TASKS

including, but not limited to:

- Cooking
- Bathing
- Dressing
- Grocery Shopping



FORGETFULNESS OR CONFUSION

As we age, our mind can be impacted in ways that become frustrating.

This can affect medication schedules and remembering appointments.



OVERALL MOBILITY

including, but not limited to:

- Basic movements (getting up/sitting)
- Frequent falls
- Noticeable changes in physical health



SOCIAL WITHDRAWAL

Social withdrawal or behavior changes such as increased irritability or sadness can be minimized with the help of an in-home caregiver.

ORGANIZATIONAL CHANGES



A disorganized home environment, unpaid bills, or neglected hygiene are all signs that help would be highly beneficial.

HYGIENE CONCERNS

Infrequent bathing, unkept clothing, body odor or other signs of poor hygiene can be indicative of neglect.



If you notice these challenges in yourself or a loved one, it might be time to consider home care options.

Assessing Need for Care

A Self-Assessment for Families

Self-Sufficiency

- If I were to leave for an extended period, my loved one would be:
 - Confidently self-sufficient
 - Fine, though I would still worry
 - In need of part-time support
 - In need of full-time care
 - Unable to be left alone

Cognitive Awareness

- My loved one's cognitive abilities are:
 - Fully intact, with no noticeable difficulty
 - Occasionally affected by mild memory loss
 - In need of support for tasks like bill paying
 - Marked by some disorientation or forgetfulness
 - A cause for concern, as decisions are often unsafe

Physical Mobility

- My loved one's physical abilities are:
 - As active as ever
 - Declining, with occasional assistance needed
 - Becoming more dependent on aids like wheelchairs
 - Very limited, requiring close monitoring
 - Confined to bed

Medication Management

- My loved one's medication regimen is:
 - Managed independently, with no issues
 - Simple, with only one or two medications
 - Somewhat concerning, with signs of confusion
 - Monitored by me or another helper
 - A serious risk, with missed doses or mix-ups

Social and Emotional Wellbeing

- My loved one's social life is:
 - Active and fulfilling
 - Less involved than before, following a recent illness
 - Limited to occasional outings and phone calls
 - Mostly isolated, with reluctance to leave the house
 - Marked by signs of depression or significant withdrawal

If your answers indicate moderate or significant concerns in one or more areas, it may be time to consider in-home care options.



A trusted care provider can help address these issues, bringing you peace of mind while supporting your loved one's independence and safety.

Can We Buy

You a

Coffee?



It can be hard to talk with a loved one about the need for home care. If you have questions about how best to approach this conversation, let us buy you a cup of coffee. We'll learn what you and your family are going through and help you plan the next steps.

It would be our pleasure.



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