



Home Care vs. Retirement Community Living: A Comparison

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Here to Help Home Care Services



Introduction



Hello! I am Vicky McGrath, owner of Here to Help Home Care serving York Region and area.

We help seniors remain safe and healthy at home, wherever that may be!

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Ageing in place

Why would you consider retirement living?

- As physical ability declines, you may find it difficult to keep up with meal preparation, housework, laundry
- As a caregiver for a loved one with greater needs than yourself, you may feel relief
- If you feel isolated due to health challenges, reduced mobility or loss of ability to drive
- In winter when being outside become treacherous



What does Retirement Living Offer?

There are different levels:

- Independent Living
- Assisted Living
- Memory Care
- Enhanced Care
- Respite



What does each level of care offer?

Each level of care offers something different:

- Independent living is like having your own suite in a hotel with meals included
- Assisted living is when you may need extra support for a task, such as showering
- Memory care is for those living with dementia and Alzheimer's who need direction for daily living
- Enhanced care is for people who have multiple health challenges
- Respite care is when you are recovering or want a short term break



Benefits of Retirement Community Living

Options include:

- Meals
- Medication management
- Opportunities to be social
- Access to a nurse and doctor
- Housekeeping
- Laundry
- Activities and programming



Benefits of Home Care

What if you want to stay home:

- Personal care in the privacy of your home
- Meals you love and know
- Familiar environment, hobbies and cherished belongings
- Companionship, transportation and accompaniment
- Retain the asset of your home



We are Here to Help!

Home Care Options:

- Companionship
- Personal Care
- Medication Management
- Meal preparation
- Physical activity, games, puzzles
- Grocery shopping, Medical appointments
- Alzheimer's and Dementia care
- Client/Caregiver perfect match
- Around the clock care (24/7)
- Post operative care
- Family member portal



Conclusion

Home Care and Retirement Community Living both offer:

- Social interaction
- Personal Care
- Medication Management
- Meals
- Physical activity, games, puzzles
- Alzheimer's and Dementia care

We care for clients in both settings.

But only home care allows you to stay in your own home





Thank you!

Let me know if you would like more information about how home care can help you remain safe and healthy at home or how to book a free in-home safety assessment!

Vicky McGrath

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