

Worried about aging parents?

Are your parents...

Taking care of themselves?

- Bathing regularly?
- Clean clothes?

Getting around the home safely?

- Able to get out of bed or chair?
- Falls? Navigating steps?

Losing weight?

- Difficulty cooking?
- Loss of taste or smell?

Experiencing memory loss?

- Unable to follow directions?
- Scorched pots?

In good spirits?

- Keeping in touch with friends?
- Hobbies or daily activities?

Experiencing vision or hearing loss?

- Able to read medication labels?
- Hear the telephone ring?

Taking care of their home?

- Dirty dishes in the sink?
- Piles of papers and clutter?
- Heat or air on when needed?

None of us want to believe that our parents or loved ones are not able to take care of themselves. If your aging parents are having trouble, it may be time to consider getting help. Home care could be the answer for you or someone you love.

Tricia Schaum, owner of Seasons of Care, has been on both sides of the "home care fence." She had a first hand look for over 35 years as her mother struggled with the debilitating disease of Multiple Sclerosis.

As her mom's condition progressed, her family needed help. In the beginning, she did not even know what questions to ask—let alone what to expect from home care services.

For the past twelve years, Seasons of Care has provided local residents with the same high quality care Tricia wanted for her own mother. Seasons of Care's home health aides assist people with their activities of daily life.

Aides help with bathing, dressing, meal preparation, laundry, light housekeeping, errands, medication reminders and more. From a few hours a week to around the clock care, Seasons of Care provides the services needed for older adults to remain safe and independent in their homes.

Tricia understands the uncertainty adult children face when a parent or loved one

needs care. When she meets with families, she explains home care services, possible care options, questions to ask health care providers. With this information, families can make the best decision for their loved one.

Tricia admits she is very biased about home care. Her family vowed to do everything possible to keep her mom comfortable and cared for in her own bed. It was a commitment they were able to keep until she died.

"There is no doubt my mom was not only happier but lived many years longer because she was cared for at home by our family and private caregivers", explained Tricia. "While it was definitely a

"While it was definitely a personal decision, it is one we did not regret."

It's never too soon to start planning so you are ready if your parent suddenly becomes ill or disabled.

That is why being informed and educated about your preferred home care provider is so important. You may never need one. But if you do, you will want to be sure the home care comes from the provider that truly meets your needs.

To get the help and care your loved one needs or to discuss your specific situation, call Tricia at 440-274-4000. You'll not only get valuable information, but peace of mind too.

Seasons of Care is a preferred home care company because it is a:

- Medicare Certified company.
- Provider of Skilled Services (Nursing, Therapy) and Personal Care Services.
- Small local company that provides the same quality care that Tricia wanted for her mother.

Seasons of Care Home Health Care

16500 Sprague Rd. • Middleburg Heights

440-274-4000 • www.seasonsofcare.com