

Is Companion Care Right For You?

As people slowly lose their ability to perform certain activities of daily living, they often find themselves at a crossroads. Should I get help or should I continue to try to cope with these lifestyle changes on my own?

If the following scenarios resonate with you or your loved one, it may be time to contact Midnight Sun Home Care.

FOR SENIORS

- I function okay on my own most of the time, but I could really use some help with some of the physical tasks around the house.
- I'm not really able to get out and socialize nearly as much as I used to. Sometimes I feel a bit lonely.
- It's really difficult for me to remember things such as appointments, names, or medication schedules. I've caught myself forgetting to lock the door or turn off the stove.
- I'm concerned about my safety while driving or am no longer able to drive. My mobility is limited.
- My eyesight and hearing are deteriorating. I'd feel much safer if someone were here to help me with daily tasks and in case of an emergency.
- I feel guilty that I am burdening my family by relying solely on them for support.
- I realize I need some extra help, but moving out of my home and into a nursing home, assisted living center or senior community is out of the question.

FOR FAMILIES

- Caring for my aging parent is impacting my job, my family and my relationships.
- I'm concerned that my mother/father is becoming isolated, not eating well or possibly missing or confusing her/his medications.
- I love my parents, but having to care for them on my own is not only stressful, but also depressing.
- Financially, we may be able to afford the cost of assisted living, long-term care or continuing care facilities, but my loved one doesn't want to go and I want them to be happy.
- My father simply can't safely remain at home, all day, by himself.
- My mother seems to be losing more and more independence. I'm concerned about her physical and emotional wellbeing and want to step in before things get worse.
- Every time I go to visit my parents, I find myself attending to their personal and home needs rather than enjoying quality time with them.