

NEWSLETTER

AUGUST / SEPTEMBER 2022

Linda's Care is devoted to keeping our participants and community members well-informed on topics relating to home care, policies that affect the elderly, and staying healthy at any age.



Please enjoy our monthly newsletter with important tips and information!

On the back page, you'll find our latest blog post. Please visit our website to view or share it online. Would you like a copy of this newsletter for a friend? Just let us know!

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HEALTHCARE HABITS FOR SENIORS

Getting older usually comes with learning to manage chronic illnesses.

Speak with your healthcare provider to see if there are classes you can attend at your local hospital or community center to learn more about disease management for yourself or your loved one.

Seniors are entitled to an annual free wellness visit under Medicare Part B. Remember to take advantage of this important yearly checkup!

You may be due for various vaccines, and your doctor will screen for cancer and other illnesses. Your good health is worth keeping!

Pennsylvania serves seniors through local Area Agencies on Aging. Find your county agency at:
www.p4a.org/aaas/
717-541-4214



HAVE YOU SCHEDULED YOUR ROUTINE WELL CHECK WITH YOUR PRIMARY PHYSICIAN?

Routine well check visits to your primary care doctor are one of the best ways to stay healthy later in life. According to the National Council on Aging, 8 out of 10 seniors have at least one chronic medical condition. With proper preventative care, people living with chronic health conditions like arthritis, heart disease, or diabetes can manage their illnesses well and live fulfilling lives without many complications.

Unfortunately, many older adults avoid visits to the doctor. This happens for many reasons, including:

- Lack of transportation to get to appointments
- Fear of being lectured about disease management
- Dislike of medical professionals or office staff
- Distrust in the medical profession
- Simple procrastination or apathy

Whatever a person's reasons for avoiding routine doctor visits, the consequences can be catastrophic.

Missed Appointments Can Be Hard on Your Health

As home care professionals, we all too often witness declines in our participants' health that could have been prevented. Home care providers are non-medical helpers, so we do not diagnose or treat illnesses. But we are compassionate and empathetic caregivers, and we want our participants to live joyful and satisfying lives without being burdened by pain or symptoms of illness. We encourage our participants and their families to make (and attend!) regular doctor appointments for well checks.

Well checks, or routine physicals, with an individual's primary provider are a vital aspect of senior care because they create trackable data. When seniors attend regular visits, they not only develop a relationship with their doctor, but they also build records that help the provider identify concerning changes in health. That combination of relationship and data is a powerful aspect of healthy living into advanced age.

Don't Ignore Concerning Symptoms

All too often, older adults ignore new symptoms or pains. They believe that it's just a little bug, or a strained muscle, or just another one of life's aches and pains. Pain and illness are signals that the body sends out to alert us that something isn't quite right!

When older adults are living with one or more chronic conditions, any new symptoms or pain should be checked by a doctor. Now that telehealth is a common practice, it's much easier to start with an online visit to determine if an in-office checkup is necessary. The most important thing is to not ignore the issue. Small problems become big problems much faster as we age and lose immunity protection. But with timely treatment, most individuals can prevent those big problems.

Partner With Your Home Care Provider for Optimal Health

Even though our caregivers do not diagnose or treat illnesses, we are very communicative with our participants and their families. When we notice or learn about a concerning symptom, we encourage our participants to seek proper medical treatment. We also thoroughly document changes in care based on current health needs.

If you would like to learn more about the benefits of having a caring helper in your, or your aging family member's, activities of daily living, please contact us to see how Linda's Care can help. We serve participants with affordable and high-quality non-medical home care services in Philadelphia and the surrounding region.