

Aging in the New Millennium

As America ages, more families than ever before are caring for a person with a disability or an aging family member. While this often creates a stronger, closer family unit, it can also create stress. It is difficult to juggle the competing demands of caregiving, employment and other personal responsibilities.

Research studies indicate that this "caring revolution" now includes nearly 25% of households. Over the next 10 years, the number of caregiving Americans is expected to top 15 million!

We are ready to help. Visiting Health and Supportive Services – a trusted Hunterdon County provider of home care since 1958 – knows the value of peace of mind.

We recognize the importance of providing professional, quality in-home care. Our NeighborCARE Coordinator will work with you to design a plan to meet your individual needs.

**Call our Central Referral Line
908-788-2562**

Hunterdon Regional Community Health is an alliance of competent, caring, home care service providers. Our specialty is identifying, planning and providing the best care for our patients.

HRCH services include:

- HMC Home Health Services
- Hunterdon Hospice
- Hunterdon Lifeline
- Visiting Health and Supportive Services



Hunterdon Healthcare

Your full circle of care.

www.hunterdonhealthcare.org

NeighborCARE
Visiting Health and
Supportive Services
908-788-2562

Hunterdon Regional
Community Health
908-788-2562
fax 908-237-2380

If you would like to honor or memorialize your loved one, or the staff who cared for them, in a very special way, please consider making a donation to the Hunterdon Medical Center Foundation. The Foundation staff will meet with you to discuss how your donation can be used to improve the care and services provided to patients and their loved ones. For more information, call the Hunterdon Medical Center Foundation at 908-788-6141.

NeighborCare

From Visiting Health and Supportive Services



Hunterdon Healthcare

Your full circle of care.

What are Companions?

Companions are caregivers trained to help clients in their homes. They provide safety and supervision at home for those you love.

The number of Americans over age 70 requiring assistive in-home care is projected to increase from 8.5 million to 21 million in the next 30 years!

At-home care provides a safe and affordable alternative to nursing home placement and helps to maintain a person's independence.

Visiting Health and Supportive Services can place specially-trained Companions in your home to provide supervision, companionship, and reminders for meals or medications.

NeighborCARE Companions are available seven days a week for visits of as little as two hours. Flexible scheduling allows you to arrange for care when it's the most helpful to you.

Please call **908-788-2562** today to find out the many ways NeighborCARE can make a difference in your life! Help is just a phone call away.

We offer Peace of Mind

There are many ways a NeighborCare Companion can make a difference in the lives of you or your family.

NeighborCARE Companions spend quality time in the home with the family member who cannot remain alone or requires assistance with daily needs.

In addition to safety and supervision, the social involvement and personal support provided by NeighborCare Companions enhances the daily routine, stimulates activity and lowers the chance of depression, falls or missed medication doses.



How Will We Help You?

These are just some of the ways NeighborCare Companions can help:

- Meal planning and preparation
- Light housekeeping
- Monitor diet and eating habits
- Prepare shopping list and clip coupons
- Grocery shopping
- Monitor food freshness
- Pick up medication at the pharmacy
- Medication reminders and monitor usage
- Basic grooming
- Assist in choosing and maintaining wardrobe
- Do laundry
- Wash the client's dishes
- Make bed or change linens
- Take a walk
- Help with light exercise
- Appointment reminders
- Letter writing and correspondence
- Sort and send mail
- Share entertainment and hobby interests
- Birthday and anniversary reminders
- Answer phone calls
- Assist with errands
- Read aloud and choose library books
- Crafts, games and cards
- Share reminiscences and conversation
- Maintain the family scrapbook
- Assist in caring for the family pet
- Care for house plants

Questions?

If you require additional information or would like to schedule an appointment with NeighborCARE Companions, please call **908-788-2562**.