



In Home Services for Older Adults

April 2019

Senior Management Services

Now more than ever, older adults are living longer and wanting to remain in their home or “age in place” as independently as possible. As a working caregiver, you may be wanting to lend a hand as daily tasks become more difficult for your loved one(s). Some of the tasks like laundry, cleaning, and cooking may be overwhelming. If your time is limited, what can you do to help the older adult in your life remain in their home?

We often recommend hiring in-home services like companion or caregivers through an agency, and for many older adults that is the scenario that allows them to remain in their home. However, if your loved one is still very independent, but could use some assistance, we have some ideas.

Cleaning can be an overwhelming task for older adults, and one of the first that can often get neglected. Hiring a cleaning service can be an easy and affordable solution. Many cleaning companies will adjust frequency based on the individual, so you could hire someone for every other week or even a once a month deep clean. You can customize the number of rooms to what your loved one can afford as well. Maybe just a good clean of the kitchen and bathrooms is what is needed. This could be one positive step to taking a task off your loved one’s plate.

Meal preparation can be a difficult task as well and making healthy choices takes time and effort. As a working caregiver, it can be difficult to provide meals for your own family, so adding in for your loved one, may be more than you can manage. Many grocery stores (and pharmacies) are now offering same day delivery service. Additionally, “Meals on Wheels is one of the most well-known food delivery services for seniors. Programs vary slightly from place to place, but generally nutritious meals are delivered to those age 60 and older who have limited mobility and are challenged to provide themselves with adequate nutrition. These meals are usually provided on a sliding scale, depending on a senior’s ability to pay.”

Consider these options listed above and if you need additional support, please reach out to us as your Eldercare Information specialists.

“In-Home Services That Can Help Seniors Continue to Live

<https://www.agingcare.com/articles/kinds-of-home-care-available-for-seniors-137919.htm>

**For additional information about eldercare, please contact Quest at
1-800-364-6352**