

# Home Helpers® Home Care



Making *Life Easier*™

COMPANION CARE  
PERSONAL CARE  
MEDICAL CARE  
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HOMEMAKER'S SERVICES  
RESPIRE CARE

## National Caregivers Day



### A Message From The Owner

February is National Heart Month, a month-long observance to promote heart health and raise awareness of heart disease. Here in Oklahoma, we raised awareness of heart disease amidst cold temperatures, layers of ice, and more snow than we've experienced in years.

Our professionally trained caregivers understand that caring for a senior's heart health during inclement weather, especially extreme cold or heat, requires extra attention and precaution. Prioritizing the well-being of our patients and putting safety first, these essential workers met the needs of our patients and their families during this challenging time. For this and so much more, I extend a heartfelt "Thank You." And, let's not forget February 21, 2025... **HAPPY CAREGIVERS DAY!**



### Supporting Parents of Children With Chronic Illness

A parent's role as a caregiver to a child with ongoing medical needs can be both challenging and rewarding. In these situations, parents take on the responsibility of managing their child's health, advocating for their needs, and navigating the complexities of medical treatments. They become the primary support system, providing emotional and physical care while also trying to balance their own well-being. Our culture of self-sufficiency can make it difficult for parents to recognize their need for support, and many feel guilty about taking time for themselves. The demands of caregiving can lead to stress, guilt, and a sense of being overwhelmed.

When parents accept help, they not only lighten their load but also model important lessons for their

child, such as how to evaluate potential caregivers. This can help the child feel less fragile, knowing that others understand their condition, and it broadens their support network, reducing their sense of isolation.

It is crucial for parents to recognize the importance of seeking support. The professionally trained caregivers of Home Helpers Home Care South Tulsa are here to provide that support. In addition financial assistance can be obtained through Medicaid. It serves as the primary payer for long-term services and supports for children with chronic health conditions, and can reimburse family caregivers through the Home and Community-based Services Authorities. Call us to learn more.



## Resilience in Caregiving - Maintaining Well-being While Providing Quality Care.

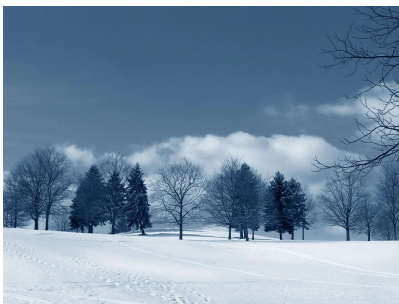
Caregivers must have a strong understanding of their patient's disease, especially when managing chronic or complex conditions.

This knowledge helps them anticipate challenges at different stages, plan for future care, manage symptoms, and make necessary adjustments to routines or environments.

Being familiar with the disease allows caregivers to recognize changes in the patient's condition more quickly. Whether it's a physical symptom like tremors or a cognitive issue like confusion, early detection is key to effective management. Additionally, understanding how the disease affects emotional and mental health enables caregivers to provide more compassionate and empathetic support.

Managing medications is another critical aspect of caregiving. A solid understanding of the patient's condition helps caregivers administer medications correctly, monitor for side effects, and ensure proper dosages and timing. This knowledge also helps caregivers set realistic expectations, reducing frustration and preventing burnout.

Ultimately, well-informed caregivers are better equipped to advocate for their patient's medical needs, access essential resources, and coordinate with healthcare providers. This ensures that the patient receives the best possible care and support throughout their journey.



## Winter Care for Seniors

Note: We ran this article last month, but with the weather Oklahoma is currently experiencing, we feel it's appropriate to run it again.

### WINTER CARE FOR SENIORS.

Winter can pose unique challenges for seniors, making it essential to prioritize their health, safety, and well-being.

While seniors living alone can control their room temperature, those living in mother-in-law suites or within a main house with family may have limited influence over the thermostat. Caregivers must be mindful of room temperatures and ensure the patient's comfort is a priority.

Dress the patient in layers that can be easily added or removed to accommodate temperature changes. For seniors in their own homes, ensure that space heaters and fireplaces are used safely and appropriately. Provide warm blankets or electric blankets, ensuring they fit loosely and can be easily removed if the patient becomes too warm during the night.

If caregiving involves transporting the patient, take extra care to clear walkways and steps of snow or ice. Be especially cautious when assisting patients using wheelchairs or walkers, as ice and snow can accumulate near vehicle doors. Non-slip, insulated footwear is recommended for outdoor activities. Socks should fit comfortably around the toes and ankles—avoid tightly stitched socks, as they can restrict circulation.

Maintaining hydration, proper nutrition, vaccinations (as recommended by the patient's physician), along with skin and eye care, is essential for protecting physical health. Avoiding isolation, incorporating indoor exercise, and monitoring for signs or symptoms of Seasonal Affective Disorder (SAD) or winter depression are crucial for safeguarding mental health and overall well-being. Taking your patient outdoors is equally important, as fresh air plays a significant role in supporting physical, mental, and emotional health. Whether indoors or outdoors, regular exposure to clean, fresh air provides numerous benefits.

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## Happy National Caregivers Day

*Home*Helpers®  
Home Care



“There are four kinds of people in the world,  
those who have been caregivers  
those who are currently caregivers  
those who will be caregivers and  
those who will need a caregiver.”

-- Rosalyn Carter

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