

Home Helpers® Home Care



A Message From The Owner

Spring has sprung and as warmer temperatures approach, Oklahoma forces us to mix and blend the warm summery days with sudden changes in temperature. There is a saying here; "If you don't like the weather, wait a minute and it will change." April with its blowing wind, damaging storms, springtime showers and blooming flowers brings this quote

to life. Home Helpers Home Care South Tulsa's, trained, highly professional team of caregivers are prepared for whatever April showers brings.

Celebrate the month of April, and the many wonders Spring can bring.



Summer Confinement - Senior Care

No one enjoys spending a beautiful summer day indoors, yet seniors and elderly individuals recuperating from hospital admissions, surgeries, or outpatient procedures may find themselves bedridden or confined to one room. Being bedridden can be difficult to adjust to, and being confined or homebound can

lead to a multitude of medical and psychiatric issues. Confinement is often associated with tiredness or illness, and it can have a negative impact on overall quality of life for both the patient and the caregiver. Whether you need a day or two off, time to travel with family, or just a couple of hours for family gatherings, prom shopping, or preparing for May's graduations, Home Helpers Home Care South Tulsa can help.

Advances in Alzheimer's and Dementia



Care

With the number of people aged 65 and older living with Alzheimer's disease or other dementias projected to reach 12.7 million by 2050, and annual new dementia cases in the U.S. expected to double to approximately one million by 2060, there is growing urgency for effective treatment and prevention strategies.

Recent advancements in research offer hope.

In light of studies on the use of psychedelics for Alzheimer's and related dementias, many families are seeking more information. While ongoing research and current findings can be found online, the most reliable source for guidance is your patient's primary care doctor, or mental health specialist.



Quieting The Storm

Politics today can have a big impact on how older people feel, especially during times of stress or confusion. Allowing them to watch, read, or follow too much news can make them feel worried, sad, or overwhelmed. When there is uncertainty or change—especially when it affects cost or care—it can cause stress and

make seniors feel less in control. This kind of stress can affect both mental and physical health. Concerned patients should be encouraged to reach out to trusted family members and/or professional resources for information related to their specific situation.

Remember, seniors whose age, health, or physical limitations require in-home medical care or the support of a home care specialist may still have full mental capacity and the ability to make decisions about their own lives. They may also experience increased anxiety and stress, especially when they are actively involved in—or solely responsible for—managing their medical, emotional, social, and financial needs. Home Helpers Home Care South Tulsa caregivers have the skills and experience needed to support challenging conversations and assist with decision-making.



Where
flowers
bloom,
so does
hope.

-Lady Bird Johnson

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