



FEATURE ARTICLE FROM ALWAYS BEST CARE

Always Best Care Partners with the American Red Cross to Provide Support to Families of Seniors with a New Program

by Angela T. Graczyk, RN

Always Best Care Senior Services has assisted over 25,000 seniors and their families representing a wide range of illness and personal needs. This has established the company as one of the premier providers of non-medical in-home care, assisted living placement services and skilled home health care.

In October of 2010, Always Best Care, in conjunction with the American Red Cross and Clinical Resource Group (CRG), began offering educational courses to support seniors and their families in a different way. The *Family Caregiver* program consists of nine modules and is facilitated by a Care Coordinator from Always Best Care. The program provides a variety of information-packed sessions covering topics such as home safety, healthy eating, and bathing as well as legal and financial issues. There is even a module that focuses on caring for the caregiver. This education supports a family's decision to assume a care-giving role with their loved one.

As a Franchise Operations Trainer and Registered Nurse for Always Best Care, I often encounter family members who, because they have a personal relationship with someone, believe that they can easily transition into the role of a caregiver. Sometimes this high expectation combined with little or limited support and instruction can lead to unexpected feelings of stress, frustration and even despair.

The American Red Cross courses provide a framework for a family member to gain perspective on what care giving for a senior would actually involve, and demonstrate safe ways to manage this situation. In addition, if the care situation becomes too difficult or overwhelming, the family may contact the Care Coordinator that facilitated their program to get additional help in the form of respite, hourly in-home, or even an Assisted Living Placement.

The *Family Caregiver* program is yet another way that Always Best Care is committed to finding solutions for seniors and their families.

If you or someone you know is interested in the *Family Caregiver* program mentioned in this article, please contact a Care Coordinator at any of the individually owned and operated Always Best Care Offices located throughout the country. To find the Always Best Care Senior Services office nearest you, please visit www.alwaysbestcare.com Making the decision to hire a senior home provider to care for your loved one is an important decision and can be very difficult for everyone involved.

Angela T. Graczyk, RN, is a Franchise Operations Trainer and Registered Nurse at Always Best Care Senior Services. Through its network of more than 125 independently owned and operated franchises, Always Best Care provides non-medical in-home care, assisted living placement and skilled home health care for seniors across the country.



Always Best Care Senior Services

Always Best Care Senior Services (www.alwaysbestcare.com/) is based on the belief that having the right people for the right level of care means peace of mind for the client and family. Always Best Care Senior Services has assisted over 25,000 seniors, representing a wide range of illnesses and personal needs. This has established the company as one of the premier providers of in-home care, assisted living placement assistance, and skilled home health care.

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