

Choice of home care for recovery after surgery or major medical condition

There are choices for your recovery after a surgery or major medical condition, which can leave you weaker and not safe to be at home alone. Did you know home care can be medical or non-medical care?

Angel Corps, a licensed personal service agency, is one that provides non-medical care. This option can provide personal care

such as assisting with bathing and dressing needs. Who doesn't love a home cooked meal? Angel Corps is the only local home care agency that has a mandatory culinary arts program for all caregivers. These services focus on empowering the person to do what they can for themselves within the scope of their medical restrictions.

Ruth Force, professional geriatric care manager of Dorian Maples & Associates, refers older adults and their families to a variety of resources. Force says, "I look for in an agency: quality care, proper training, access to medical care and pay sources such as private pay, waiver, and Title 3E which Angel Corps provides."

Consider a widowed woman in her 80's who is recovering from a hip replacement at a local rehabilitation unit. Care coordination becomes essential in maintaining her safety at the time of discharge. It starts with putting into place 24-hour care through an agency such as Angel Corps to assist with personal care needs and household

tasks. As her condition improves, the care can be shortened to smaller shifts then eventually removed as signs of independence are shown.

For more information on how Angel Corps can assist you or your loved one during recovery, visit www.CorpsOfAngels.com or call (260) 426-4357.

Share your care giving story

Across Indiana more than 1.3 million unsung Hoosier heroes care for parents, spouses, aunts, uncles, friends, and other loved ones – helping them stay at home, with dignity, as they age. This silent army helps with bathing and dressing, transportation, meal preparation and even complicated medical tasks like wound care and medication management. They are family caregivers.

AARP recently launched a new initiative called I Heart Caregivers (www.iheartcaregivers.org) to recognize and honor family caregivers who give their hearts each and every day; to share their stories; and, to raise their voices.

Your stories will significantly bolster our efforts at the Indiana State House as we fight for commonsense solutions to better support family caregivers and loved

ones. Solutions like:

- The Caregiver Advise, Record, Enable (CARE) Act to support caregivers as their loved ones go into the hospital and as they return home;
- A modest tax credit to help offset the financial costs of care giving;
- Caregiver employee leave so family caregivers don't have to worry about losing their pay, or

losing their jobs, when they have to take time off to care for a loved one;

- "Respite care" that allows family caregivers to take a hard-earned break;
- Making sure caregivers have access to the right resources in the community, like home care and adult day care;
- Cutting through the red tape and allowing nurses to have the full authority to heal;

• And, helping family caregivers navigate financial challenges by making sure power of attorney and adult guardianship laws are consistent and honored from state to state.

Let's shine a light on family caregivers in Indiana and all you do. Every family caregiver has a story. What's yours?

Share it now at www.iheartcaregivers.org.

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