



Benefits of Companion Care

Many seniors, and their family members, initially shirk the idea of home care assistance. The seniors often don't understand the benefits, noting that they are living fine without any assistance at all. However, home care assistance isn't always a nurse taking a blood sugar test or a nursing assistant helping with dressing or toileting. In fact, simple companion care is often the most overlooked service available with Visiting Angels Wayzata – and it is the type of care that has the most benefits.

Our team is committed to providing services that allow seniors to live independently at home for as long as possible, wherever that home might be. We are honored to work with clients that live in their single family community homes, as well as clients that live in assisted living or independent living communities. Our companion care, and other home care services, are available to anyone who is looking for a bit of extra assistance or companionship.



What Is Companion Care?

Companion Care is a service that Visiting Angels provides seniors in their homes. We like to consider this type of care as more of a social or lifestyle assistance, as most of our companion care services focus on a friendly face instead of help with daily living skills. Our friendly Angels provide companion care on a daily, weekly, or monthly basis with our clients and it can include:

- Help with meal preparation
- Assistance with grocery shopping
- Providing transportation to church or a favorite meeting
- Social visits to enjoy coffee or pursue a favorite hobby
- A faithful walking companion to get out of the house with
- Someone to talk to, be friends with, and be a source of encouragement
- Help with contacting long distance family members via Skype, FaceTime, etc.

Companion care is provided by our well trained Visiting Angels. Our team is always vetted, and is ready to provide compassionate and friendly care to you or your aging loved one. We can – and do – provide companion care to seniors living at home alone, or to senior couples who are living together

in the greater community. We love providing this important service, and we especially love watching the services positively impact the seniors.

Why Is It Important?

Isolation is a real danger to seniors living independently, or with partners. Limited mobility and decreased driving abilities can further limit seniors to staying at home more than in their entire lives. This isolation has been proven to accelerate dementia and other cognition deficits, as well as to negatively affect emotional issues such as self-esteem and increase the likelihood of depression. Simply put: isolated seniors are less healthy seniors, while social seniors who have friends and a nearby support system are healthy seniors. Companion care offers the supportive assistance and encouragement that makes seniors thrive. Whether we are strolling the neighborhood with our senior clients, helping with meal preparation, or even just sharing a cup of coffee weekly, we are providing our clients with a consistent friendly face.

How Do I Get It?

We would love the chance to talk to you more about companion care services and how it might best serve you or your aging loved one. Give us a call to tell us more about your concerns or ask us questions about the service. We would be honored to become a part of your extended family.

Ready to read more about senior issues that pertain to you or your loved one? Curious about other senior topics and challenges? [Check out our Family Resource Center](#) for insightful articles, caregiver tips and other important resources.

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