



Surprising Ways Visiting Angels Can Make Your Life Better

Sometimes, life can become immensely more enjoyable with a small change. A new routine, a new medicine, a new piece of adaptive equipment – each can make a huge difference in improving the quality of life for an older adult. The team at [Visiting Angels Wayzata](#) works hard to find ways that we can provide services that do more than just support our clients. We want to make the lives of our clients even better than before, and you might be surprised at how our services can be just what you need to make life even more enjoyable.



Getting From Here to There

Did you know that our caregivers are able to provide transportation for our clients? It's true – we love safely transporting our clients to events and appointments in the community. We take clients to doctor appointments and other medical care, but we also take our clients to events that make them feel connected to others. For a senior who has missed a church service due to mobility or driving issues, once again attending Sunday

worship can do wonders for their mood and self-esteem. From the library to the grocery store, exercise class at the senior center to Bingo at the park district, our caregivers love watching our clients re-engage with the greater community. Our clients love it too!

A Good Meal

Nutritional challenges increase for many seniors, not only because cooking for one is difficult, but also because finding fresh produce without relying on someone else to take you to the grocery store is downright hard to coordinate. With Visiting Angels, our caregivers can provide nutritional support based on the client's needs and preferences. We are happy to go grocery shopping, stock the fridge with healthy foods, and cook a delicious meal for our clients. There's so much to be said for enjoying a meal and conversation around a table, and our clients are healthier for inviting our caregivers to that experience.

Sharing a Laugh

Socialization is an often overlooked part of healthy aging, but it is a crucial part of the healthy aging puzzle. Our caregivers are especially effective when visiting in a companion capacity, taking plenty of time to get to know the senior. A regular visit with a consistent caregiver quickly turns into a friendship that both parties benefit from. Watch how your life improves simply by having a cup of coffee and sharing a laugh with a weekly date with one of our caregivers!

If you think that Visiting Angels is a service for frail older adults, you are mistaken. While we certainly are ready to step in and support daily tasks for seniors of all abilities, the real magic and fun happens when seniors invite us into their homes to help out with errands, transportation, meal preparation, or socialization. [We would love to learn more about your situation](#) and develop a plan to partner together.

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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