

COLUMBUS + HEALTHCARE PROFILES

Champions of Aging Well



Eighty-nine percent of us say we'd like to stay in our homes for the remainder of our lives, but the number who actually do so is much lower. Home Care Assistance is on a mission to change that.

As recently as the 1970s, it was assumed that older adults would continue living at home, even if the family moved in. Today, our culture assumes it isn't possible and that uprooting lives and moving to a retirement community is inevitable.

Not so, says Lori Wengerd, owner of Home Care Assistance of Central Ohio. She believes that with the right help, older adults can remain in their homes until the end of their lives. "We advise families to prepare emotionally and financially to receive care," she says. "It can feel like a big decision, but it takes only a day or two for our team of caregivers and care managers to prove their value."

Wengerd and her company are on a mission to change the way the world ages. "We view aging as a journey. It's not a medical event nor should it be a surprise," she reminds the families who contact Home Care Assistance for advice and support.

Early is Better

The decision to bring care into the home is often triggered by a crisis, such as a fall or an illness. But bringing help in earlier—at the very first sign that an older adult is struggling—may prevent a crisis from happening in the first place.

"Serving with compassion and devotion, our caregivers ensure that clients maintain a quality lifestyle by



providing meaningful companionship, personal care, exercise, transportation, housekeeping, meals, med reminders, and more," Wengerd says. "In short, we enhance health, safety, independence, and happiness."

Home Care Assistance offers flexible options for in-home care, from 20 hours a week to 24/7. The company's Balanced Care Method incorporates best-aging practices from cultures around the world. Each client's care plan is personalized and incorporates nutrition, exercise, socialization, mental stimulation, and a sense of purpose built into each day—all customized to each client's preferences.

"We are known throughout the community for our holistic approach," Wengerd says. "Eldercare professionals, as well as our clients and families, appreciate our positive approach to aging. We see possibilities, not limitations."

The Team That Cares

Every Home Care Assistance caregiver is carefully chosen and trained to provide



Signs an Older Adult Might Need Help:

- Standing/walking unsteadily.
- Unexplained bruises.
- Thinner than normal.
- Seems quiet or withdrawn.
- Empty fridge or spoiled food.
- Difficulty remembering major events.
- Large quantity of medications that could be impacting wellness.
- Appears to be disorganized, with chores undone or bills unpaid.
- An array of hazards in the home.

the most skilled and compassionate care. With generous benefits and positive reinforcement for good performance, Wengerd says employees are "empowered to do their best work every day, resulting in supremely excellent care."

From the initial care consultation through a client's journey as his or her needs change, the success of Home Care Assistance is built on professional oversight, excellent communication, and proactive shifts in care.

"We want our clients and their families to know we're not there to take over their lives; we're there to complement them," Wengerd says. "We're all on the same team with the same goal: to enhance the lives of the older adults in our care."

