



## Extending Independence

For 27 years, Freedom Home Care and Medical Staffing (FHC) has been changing the way older people experience home care by offering a spectrum of flexible services to maximize independence and time with family and friends.

**P**erson-centered home care supports healthy aging.

There are many reasons why an older person may require additional support as they age. A sudden medical emergency may temporarily reduce mobility, or a worsening chronic condition may require long-term support. Once the need is identified, successful support will require a complete understanding of the particular client's desires, interests, and goals.

"Every client is different, and the care we provide reflects this," says Jenanne Rock, FHC's agency manager. "Maybe instead of a full-time caregiver, the senior could benefit from someone who visits only a few hours each week to provide companionship and assist with cooking to support their independence." FHC offers trained and certified healthcare professionals who can provide a range of services from completing basic chores to hiring a skilled aide or nurse.

At FHC, each new client relationship begins with a thorough assessment to ensure that the care team learns what is important to a client, their preferences, hobbies, and interests. By introducing home care before an emergency occurs, there is time to tailor unique solutions for a client, allowing them to focus on the things—and people—they love most without spending time on tasks of daily living that have grown more difficult to complete.

Often, the FHC team meets with the client's family to learn their loved one's interests and routines, such as their sleeping habits, what foods they enjoy, and health history. The team will monitor the client's behaviors and symptoms to track chronic medical conditions and find ways to provide comfort and maximize independence.

"It's never too early to initiate a relationship with a caregiver," Rock says. "We learn what's important to the older person and their family so we can help them enjoy their lives on their own terms."

We want to improve their quality of life and keep them engaged so if a crisis does come up or if their needs change, they know they have caregivers they can trust."

### Caring for Family

For many clients, home care begins less out of a personal need and more out of a desire to strengthen their connection with family and friends. By turning to FHC, an older person is giving themselves the opportunity to make the most of each moment with their children, nieces, nephews, and grandchildren.

"Supporting an aging parent can often require substantial time and attention," Rock explains. "Adult children are often faced with the stress of assuring that their parent is eating properly, taking medications, going to doctor's appointments, and that they're getting the help they need—all while managing the other aspects of their own lives."

"Our founder and president, Sharon Burack, has a philosophy to support our clients to do as much for themselves as possible to maintain their independence," she continues. "The name 'Freedom Home Care' means freedom for the client, but it's also about allowing family members the time to focus on their irreplaceable roles as family first."



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