

Caring for Your Aging Parent in Palm Beach, FL



Assisting Hands[®]
Home Care

561-829-3080

Marina Ramirez, Owner, Assisting Hands Palm Beach FL

Looking for In-Home Senior Care in Palm Beach?

Assisting Hands provides professional in-home health care services allowing our clients to remain safely and comfortably in their own homes. Assisting Hands Home Care – Palm Beach covers North and Central Palm Beach County, including West Palm Beach, North Palm Beach, Palm Beach Gardens, Singer Island, Boynton Beach, Juno Beach, and many more throughout Palm Beach County.

What We Do

At Assisting Hands Home Care, we understand. Our trained dependable caregivers and personal assistants can help overcome those challenges, and make home an even better place to be. We include everything from companionship, meal preparation, medication reminders, shopping and errands, light housekeeping and laundry, to personal care and help with bathing and dressing. We use a robust technology to expeditiously respond to your needs, find the best match between clients and caregivers, and ensure punctuality of our caregivers.

Where We Help



Our services are available throughout Northeast and East Central Palm Beach Counties a few hours a day or around the clock and we customize our care to meet your schedule.

Who We Are

At Assisting Hands, our mission is to offer our clients the very finest personalized non-medical care, allowing them to live safely and comfortably in their own homes. Sometimes life's natural events-aging, illness, or disability-can make living independently at home more difficult.



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How to Pay for Care

Nationwide in 2016, the average cost for non-medical home care is \$20 per hour with the state averages ranging from \$15 - \$26 per hour. It should be noted that these are average costs from home care agencies. Private individuals can be retained to provide most of the same services with fees that are 20% - 30% lower. However, these independents are typically uninsured, do not go through background checks and may be unable to provide alternatives in case they are not available to work on short notice.

Happy Clients

We remember the good care our dad had from the staff at Assisting Hands, and are thankful for the time we had with him.

Former client's daughter

On October 1, 2016 my Mom and best friend passed away. For the past 3 years she lived with my husband and me. A friend recommended Assisted Hands to help me. Without their devoted staff, and caring helpers my experience would have been a lot harder. They treated my Mom as if she were their Mom. I can't thank the entire staff enough for all they have done. You are an amazing group of people.

Sharon S.

How Can You Help Your Elderly Loved One Just as Much as She Needs You to Help?



If you've wondered how you can avoid helping your loved one too much, you're not alone. This is a common issue for family caregivers who don't want to do more than their loved one needs them to do.

Assess What She Can Do for Herself

The first step is to figure out just what your loved one can do for herself and what she truly needs help doing. Your loved one's needs can change depending on her health and other issues, too. Talk to your loved one about when she feels that she needs the most help and what you can look for when she is at a point at which she'd appreciate extra help.

Encourage Her to Do What She Can

If your loved one has trouble sometimes doing as much as she can, she may be able to benefit from encouragement. Sometimes it's tiring to keep being strong, but knowing that someone who loves you is rooting for you gives you that burst of strength that you need. Your loved one may need that from you occasionally to get through the tough times.

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Step in When Your Loved One Asks You To

It's not always easy to understand when your loved one needs more help. But if you work out a deal with your loved one that she'll ask for help when she needs it and you'll be there, you don't have to guess. Some days are going to be better than others for your loved one. Her health can flag, she can have a tough day emotionally, and sometimes we all just need extra help.

Make Yourself Available to Your Loved One

Part of what makes that deal work with your loved one is that you trust her to ask and she trusts you to be able to provide the help that she needs. Of course this means making yourself available to your loved one as much as you can, but you're probably not able to be there every day and every minute. That's when solutions such as hiring senior care providers can help both you and your loved one the most.

You and your loved one will figure out a happy medium, but it can take some time and some experimentation.

If You Or An Aging Loved One Are Considering Hiring Professional [Senior Care in Wellington, FL](#), Please Contact The Caring Staff at Assisting Hands Home Care at 561-829-3080 Today.

How to Talk to Your Elderly Loved One Now that You're Her Caregiver



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Being your elderly loved one's caregiver can mean that some aspects of your relationship change. One of the biggest changes can be how you speak to each other and interact. Some of those changes may take some getting used to on your part.

Listen to What She's Saying without Breaking In

It's tempting to let your loved one know that now that you're her caregiver, you know what's best for her and you'll handle it without her input. But that's overbearing and can create a lot of resentment for your loved one. Try really listening to what she's telling you about how she feels. It's important to try to listen between the lines, too, and notice what she's not saying.

Avoid Giving Advice Unless She Asks for it

Just like your loved one doesn't want to be dictated to, she may not be too receptive to advice that she didn't ask for. It might be difficult, but you'll have to hold off and wait for her to ask for advice before you simply hand it over. You can still be supportive, but advice has to bide its time.

How to Talk to Your Elderly Loved One Now that You're Her Caregiver

Consider the Situation from Her Point of View

Chances are that your loved one had a hand at some point in raising you. As a result, it's likely difficult for her to now accept that the situation has reversed and you're not responsible for caring for her. It's an odd situation for her to be in and it's often difficult to accept that she's starting to need help. If your loved one has always been extremely independent, this can be even harder for her.

Pick Your Battles with Your Loved One

There are going to be times when your loved one is going to cooperate with your suggestions and your help and then there are going to be times when your loved one is going to dig in her heels and resist. It's going to become extremely important to be able to know when you can push your loved one and when you have to let it go.

If you and your loved one are having a difficult time communicating, bringing in a third party, like a counselor, can sometimes be a big help.

If You Or An Aging Loved One Are Considering Hiring Professional Caregivers in Lake Park, FL, Please Contact The Caring Staff at Assisting Hands Home Care at 561-829-3080 Today.

The Changing Landscape of Dementia



Understanding what your loved one is going through will help you empathize with their reactions to everyday occurrences. Knowing that the changes in their brain are contributing to vast changes in how they see, hear and respond to their surrounding environment will help you understand and respond to their sometimes inappropriate behavior.

What is Happening?

A person with one of the forms of dementia is not only suffering from short term memory loss, they may also be experiencing hallucinations, disorientation, loss of inhibition, and a changing concept of time. Delusions common to diseases associated with dementia include paranoia. This commonly portrays itself as feelings of being watched or followed. They may accuse family members of stealing from them and suggest that strangers or friends may be trying to kill them.

Hallucinations are both auditory and visual. Auditory can consist of hearing repeated phrases, songs or voices. Visual hallucinations often consist of seeing relatives or friends who have passed on. Deceased pets are sometimes seen as if alive. Strangers in odd clothing and even angels have been known to appear.

The Changing Landscape of Dementia

Reaction

The typical reaction is to deny the person's hallucination or delusion. "No, mom, that doesn't really exist." But to your parent who has seen or heard the person or sound, it is very real. Suggesting that it is not real does not make it so. Listening without attaching emotions to what your parent is telling you can help keep a calm and peaceful environment at a time when your loved one needs it the most. Anger and denial does not help the person suffering from dementia. The truth is, it's okay for them to see deceased relatives, friends and pets, as long as it does not disturb them. Many report it matter-of-factly. Others are excited about the vision, while still others believe they are calling them to the other side and they are just not ready to go yet. As long as they are not endangering themselves or others, or becoming overly anxious when experiencing a hallucination or delusion, it's okay. For those that find these hallucinations extremely disturbing, there are medications that can offer some relief. Be sure to speak with their primary health care provider if this is the case for your parent.

Support

Many times it is the caregiver that is more affected by the hallucinations and delusions than those suffering from them. To see these types of changes in your parent can be disturbing, to say the least. Taking time away from that environment is crucial to maintaining a calm, peaceful demeanor when present. A senior care provider can assist your parent with the daily activities of living as well as provide companionship and support during this time of ever-changing mental, physical and emotional terrain, while you take the time you need to recharge, rejuvenate and breathe. This enables you to return to your caregiving with a sense of calm that undoubtedly will rub off on your parent.

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