

WHY STAYING AT HOME IS BETTER

As your parents grow older, there may come a time when care becomes necessary. In the past, the typical solution to this was for your elderly loved one to move into a nursing home. But, more and more people are now opting for *in-home care*.

As the saying goes '*home is where the heart is*' and when someone is unwell or frail, it's the best place for recovery and rest. It's a sanctuary where familiarity is comforting and memories are real.

Although the decision whether your loved one goes to go to a nursing home or stays in their own home is a personal one, consider the following benefits of in-home care:



- § Families want their loved ones to remain where they feel most comfortable, in surroundings that are familiar and hold precious memories. There truly is no substitute for the comfort of a favourite couch or the view from a favourite corner of the house.
- § Living at home preserves individual freedom and independence. Your parents can set the rules and they won't be restricted by the rules of the nursing home. We want everyone to remain free from the limitations of care facilities, for as long as possible.
- § Care at home keeps family close and involved, learning together about how to keep safe and live well. There is learning, development and mutual pleasure when children and also grandchildren are involved in the care of their parents and grandparents.
- § Home care is highly personalised and is delivered in the way you'd like, as opposed to a 'one size fits all' formula. This provides a greater level of flexibility and one-on-one attention that a nursing home simply cannot provide.
- § Elderly people and terminally ill patients really want to die in their own home and families want to fulfil that request where possible.
- § People cared for at home tend to have a better quality of life (both physically and mentally) and often live longer and studies have confirmed this fact. Sadly, people who leave their home tend to leave our world faster.
- § It is well documented that remaining at home promotes healing and alleviates stress. Moving into a care facility can be traumatic and stressful for everybody in the family. Technology has now made it possible to offer health services at home that in the past were only available in a medical facility.
- § Residential facilities can be isolating; it's hard to celebrate special events, to host family gatherings and to make friends welcome there at a time convenient to your loved one.
- § Living at home is (often) more cost efficient; a high standard of service and accommodation in a care facility is an expensive alternative. At home you can maintain a high standard without extra fees.
- § Families usually want to keep the family home for future generations; the large bond required for a care facility can result in having to sell the family home.
- § Home care workers are highly dedicated to their work – you could say it is their calling. They are very special, caring people.

Home care services are designed to bring your family peace of mind and to relieve the stresses of caring for and supporting a loved one – at home, in a 'home' or even when away from home.

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