

Complete Geriatric Wellness Newsletter

October
2024

*Courtesy of Complete Health Service, Inc.
and In-Home Caregivers of Illinois*



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Why Plan Ahead for Long term Care?

According to surveys, the elderly population is concerned about maintaining good health, independence, and enough money to pay for day-to-day expenses. Long term care usually isn't high on their list of worries.

Unfortunately, circumstances can change quickly. Having a plan in place is like having good fire insurance on a house with a fireplace.

As people age, a decline in health is natural. Once people are retired, they begin using up their financial resources, too. Planning ahead can help the elderly population stay as independent as possible, for as long as possible—often, with proper care, within their own homes.

Consider the following ideas:

- The government is running out of money to help elderly people.
- People are living longer now than they ever have before—and that means there are more elderly people than ever before.
- The older people get, the more likely they are to need long term care.

NEXT ➡

[Ready to discover your retirement future? Claim your free aging or retirement assessment now!](#)

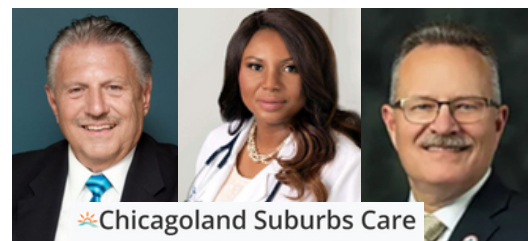


“Choices and Planning” Workshops

The Chicagoland Suburbs Care Planning Council is hosting a series of workshops designed to help the elderly and their families plan ahead for long-term care.

The workshops, collectively entitled “Choices and Planning”, cover a wide range of topics relating to aging. These topics include how to evaluate long-term care options, resources for funding long-term care, helpful documents and tools, and how to put a long-term care plan into place—including how to get family members on board.

The workshops are free to the public, but registration is required. To register and get more information about event times and places, please email the NCCPC Director, Isoken Ogbomo, at logbomo@in-homecaregivers.com.



Chicagoland Suburbs Care
Planning Council

It's estimated that 6 out of 10 people will need long term care sometime during their lifetime. With that in mind, planning for long term care is a necessity now more than ever.

October is Long Term Care Planning Month. It's the perfect time to evaluate the health of your loved ones, what their resources are, and what things might look like five years down the road. It's also a great time to start planning for yourself.

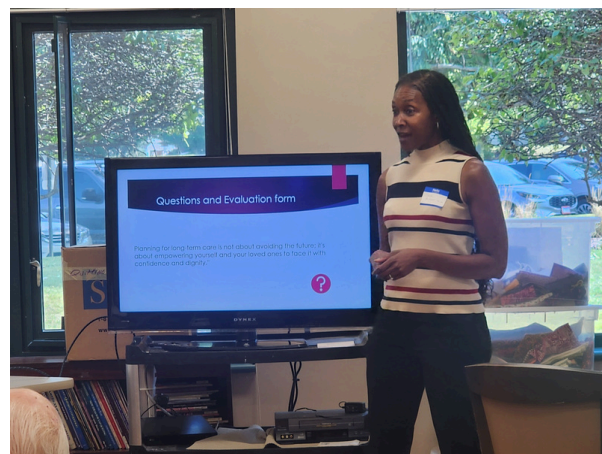
One of the best places to start is to use this [retirement assessment](#) to see where you stand. You could also reach out to the [Chicagoland Suburbs Care Planning Council](#) to ask your questions, or attend one of their "Choose Now, Plan Now" workshops (see page 1).

Recent Events

In-Home Caregivers and its employees recently participated in a volunteer event called "Feed My Starving Children." As a group, we love giving back to the community and the world at large--and we have fun doing it!



Photos from the recent "Choices and Planning" Long Term Care Planning Workshops



In-Home Caregivers of Illinois

In-Home Caregivers of Illinois is dedicated to providing in-home care and supportive living services that enhance the health, dignity, and well-being of the people we serve.

We specialize in post-hospital & post-rehab care and chronic illness management. Nurses oversee all of our client care. Our homecare aides are trained in chronic illness management and wellness modalities to provide a better quality of care and to catch signs and symptoms of a decline in health much faster.

In-Home Caregivers ultimate goal is to reduce readmission rates back to the hospital, and to support our clients in aging in place safely using our science-based wellness modalities.

One benefit of working with us is that we have no minimums. Clients can receive anywhere from one hour to 24-hour live in care.

Our in-home services cover a wide range of needs, such as meal preparation, medication management and reminders, errands, restorative exercises, homemaking, and symptom monitoring.

In-Home Caregivers of Illinois also offers one-stop aging-in-place solutions for retirement communities, including segmented care, in-home caregiving, post-hospital/post-rehab care, onboarding services, and concierge primary care in collaboration with Bridgewell Health.

We currently service the following counties: Dupage, Kane, Kendall, Will, Cook, and Grundy.

In-Home Caregivers is a division of Complete Health Service, Inc.

To find out if In-Home Caregivers is a good fit for your patients, residents, or community, visit [www.in-](http://www.in-homecaregivers.com)

homecaregivers.com, send an email message to [info@in-](mailto:info@in-homecaregivers.com)

homecaregivers.com, or call us at (630) 300-0446.

