

Welcome to *The Pause*



Welcome Michele Richards

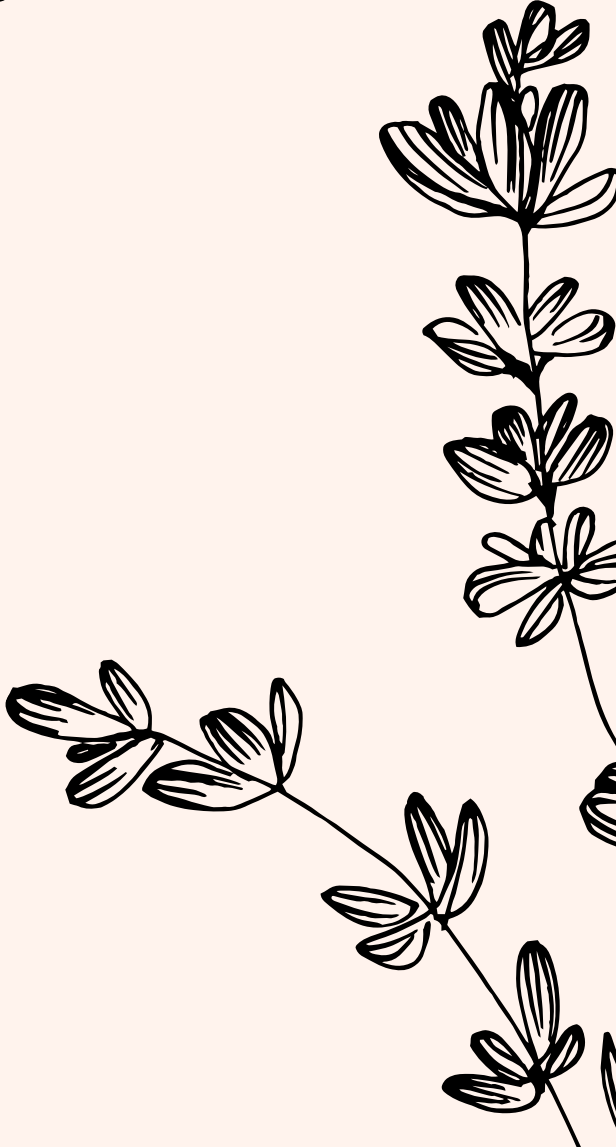
Michele Richards is the founder of
Ultimate Grace dba Northpoint Eldercare;
A care management organization
with an aging in place specialty.



Girl, get ahold of your life.

Stop medicating, stop hiding out, stop being afraid, stop giving away pieces of yourself, stop saying you can't do it. Stop the negative selftalk, stop abusing your body, stop putting it off for tomorrow or Monday or next year. Stop crying about what happened and take control of what happens next.

Get up, right now. Rise up from where you've been, scrub away the tears and the pain of yesterday, and start again . . . Girl, wash your face!





A Woman's Four Basic Needs

1. Security
2. Non-sexual affection
3. Open and honest communication
4. Leadership



God made us alive together with him by forgiving us!
Forgiveness is God's recipe for fresh starts.

After all, it's how he started you and me over again. He made us new in Christ, where old things passed away and all things became new
(2 Cor. 5:17).


He transformed us into brand new, born-again, righteous beings by forgiving us.



Ephesians 6:12 says,
"For we do not wrestle against flesh and blood,
but against principalities, against powers,
against the rulers of the darkness of this age,
against spiritual hosts of wickedness in the heavenly places."

Read that again: People are not your enemy!



The image features two hands, one on the left and one on the right, reaching towards each other. The hands are rendered in a soft, semi-transparent grey color, making them blend into the background. The background is a bright, white sky filled with soft, white clouds. The overall mood is one of hope, support, and divine assistance.

"For I am the LORD your God
who takes hold of your right hand
and says to you,
Do not fear; I will help you."
Isaiah 41:13 NIV



EMPATHS ARE TRUTH DETECTORS

Empaths literally feel the energy of others,
and distance does not matter.

We KNOW and FEEL strongly if
someone is lying, inauthentic, or hiding something.

Sometimes we doubt this ability
and give people the benefit of the doubt,
only later to find out
our initial intuitions about others' were correct.

- Michael R . Smith



NOW, LET'S PRAY TOGETHER AND ASK
GOD FOR WISDOM:

Lord, one of the greatest desires of my heart is to love and treasure others the way You treasure us. But honestly, sometimes hard relationship dynamics make it incredibly difficult to pursue closeness. So I'm asking that You guide me and help me to walk in Your ways not mine (Isaiah 55:8-9). Give me spiritual wisdom James 1:5. Help me keep my own heart pure (Psalm 23:3). Show me how to approach my closest relationships with both compassion (Ephesians 4:32) and a healthy commitment to reality so I am in alignment with You and the kind of relationships You long for me to live in (1 Peter 5:8). I trust You to lead me with clarity in the right direction (Proverbs 3:5-6). I thank You for everything You're revealing to me personally right now.

In Jesus' name, amen.



CARING FOR THE ELDERLY

A Christian Responsibility

"Even to one's old age I am the same One;
and to one's gray-headedness
I myself shall keep bearing up."

-Isaiah 46:4.

“Even to your old age and gray hairs
I am he, I am he who will sustain you.
I have made you and I will carry you;
I will sustain you and I will rescue you.”

(Isaiah 46:4 NIV)



"Beautiful young people
are accidents of nature,
but beautiful old people
are works of art. "

- Eleanor Roosevelt



What Is Home Care?

Private-pay home care has emerged as an innovative solution to fill the gaps created by traditional care models, including hospitals, nursing homes, and social services like home health, which are spread too thin to meet the growing demand for quality care.

Home care helps seniors maintain healthy and active lifestyles for as long as possible in the comfort of their own homes. While caregivers are not typically medically certified, they receive professional training to enable them to assist in daily living activities such as bathing, dressing, meal preparation, eating, transportation, running errands, and light housework.

More importantly, caregivers provide companionship and mental stimulation by engaging their clients in conversation and other activities. Further, as an additional set of “eyes and ears” for families, home care professionals help to ensure seniors’ safety by recognizing and alerting their family members to potential signs of declining health and dangerous falls.

THE DIFFERENCE BETWEEN HOME CARE AND HOME HEALTH



It is important not to confuse home care with home health. Home health is medically necessary and doctor-prescribed care that is performed by a combination of medical professionals, such as a physical therapist, occupational therapist, social worker, registered nurse, or home health aide. They provide health services such as administering medications, changing wound dressings or helping with prescribed exercises.¹⁵

HOME HEALTH: PRIMARILY GOVERNMENT-FUNDED CARE

\$44.3B 

Sources of financing for the two services also differ. The overwhelming majority of funding for the home health industry—73 percent or \$44.3 billion—comes from government programs, primarily Medicaid and Medicare.¹⁶

HOME CARE: PRIMARILY FAMILY-FUNDED CARE



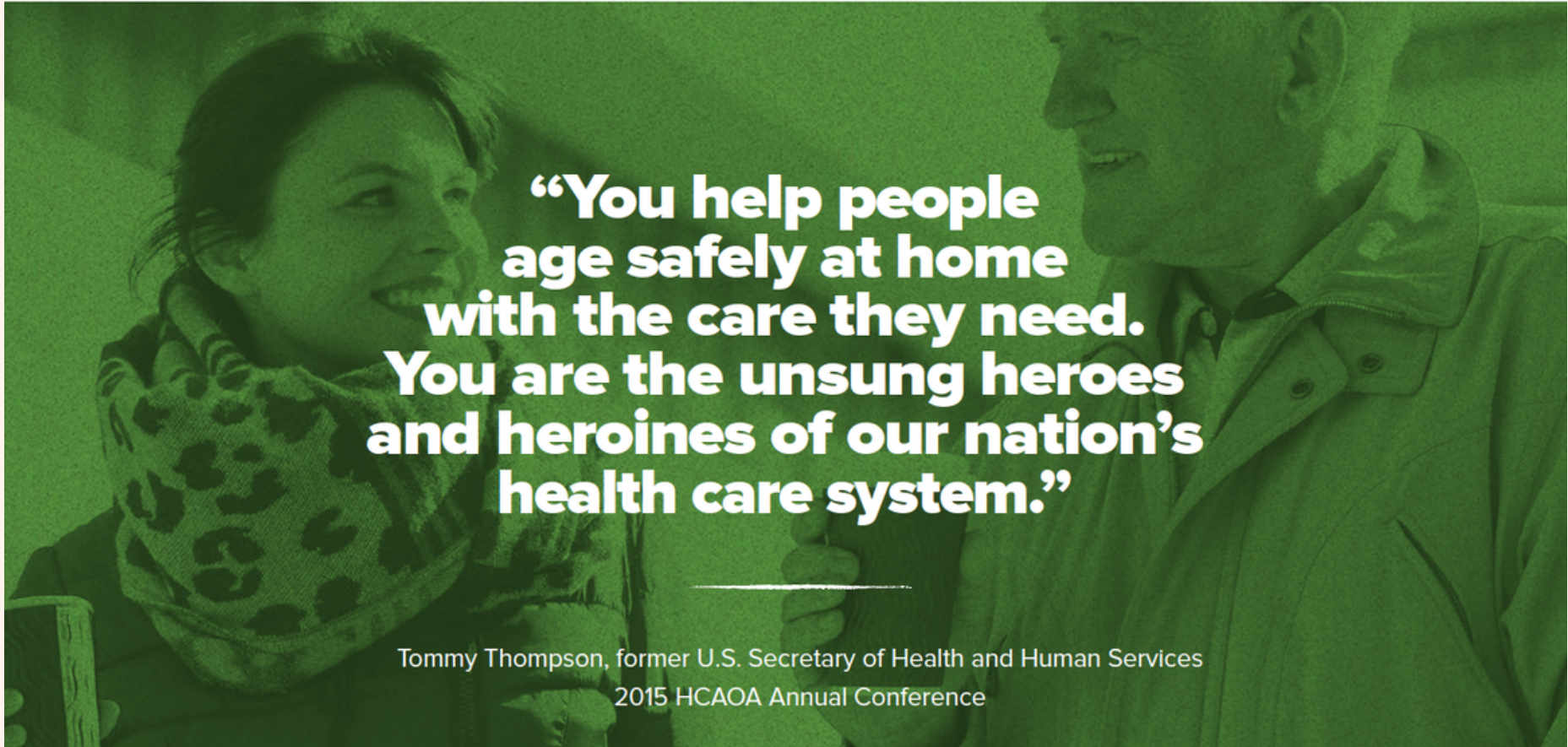
The majority of home care services are privately paid for by the families or seniors benefiting from the care.

Who Uses Home Care Services?

The majority of home care recipients are seniors with an average age of 69. Three-in-five care recipients (59%) have long-term physical conditions and a quarter (26%) have memory problems. Many care recipients (37%) have more than one ongoing health problem.¹⁷

For seniors with challenging physical and cognitive impairments who require help with activities of daily living—such as bathing, dressing, toileting, and eating—home care is a game changer. But home care also benefits those who are still in good health, by providing companionship, help in and around the home, and other types of assistance.

Further, families as well as seniors benefit from the services provided by home care companies, which will be described in more detail throughout this report. Currently, 13.9 million family caregivers (32%) report using paid help.¹⁸



“You help people age safely at home with the care they need. You are the unsung heroes and heroines of our nation’s health care system.”

Tommy Thompson, former U.S. Secretary of Health and Human Services
2015 HCAOA Annual Conference

Services Provided by Home Care Companies



Companionship: from socializing to providing transportation to activities



Wellness and safety: including meal preparation, diet and nutrition, personal safety monitoring



Help in and around the home: including grocery shopping, running errands, laundry, light housekeeping



Activities of daily living: assistance with bathing, dressing, toileting, personal hygiene, mobility



Care coordination: accompanying seniors to doctor visits, serving as an extra set of "eyes and ears" for families



Management of chronic conditions: medication reminders, daily health monitoring and regular reporting of any changes



Transitional care: from hospital discharge to home

Are you managing the care of a loved one aging in place?

- Consult with an elder law attorney first, to ensure that there are not any misconceptions about your loved one's care.
- Take Action. Planning must take place well in advance to protect assets.
- Be Proactive NOT Reactive. It becomes much more challenging and expensive when decisions must be made during a health care crisis vs. implementing an already established health care outline and/or plan instead.
- These often-difficult conversations are most effective while loved ones are in good health and/or of sound mind.
- Remind your loved ones that this is their own established health care plan that you are helping to implement on their behalf. Most importantly, relating to the disabled or elderly loved one, the family's main job is to protect and/or advocate for them during a very vulnerable time.
- And/or find and hire a trusted person and/or professional to ensure that this "plan" is properly implemented, taking unnecessary pressure off of the family during a health crisis.