



GRANNY NANNIES:

Cute Name, Quality Care

by Emily King

The holidays are fast approaching and a great many people are already making plans to visit their cherished family members. During this special time, millions of Americans will see just how much change a year can make in their family – how children have grown or how relatives have aged. With holiday reunions come an opportune time to check the well being of our older relatives.

As people age, their needs and abilities change. They may have trouble getting around the house or difficulty driving. They may not remember things as easily as they once did, and adult children of aging parents may notice that Mom or Dad is having difficulty with daily living activities. During your holiday reunion, you may notice an unusual behavior or that details of a family tradition are suddenly absent, perhaps the same story is being repeated over and over again. These can be your clues.



We all want to support our older loved ones' desire to live independently, and this is the mission of Granny NANNIES. More than just a "cute name and catchy jingle," Granny NANNIES provides assistance to anyone suffering from any disability or dementia. "Our goal is to help maintain and support an ongoing quality of life," says Diane Sanders, operations manager.

Licensed in 1990, Granny NANNIES is known for their quality service, recruiting only licensed Certified Nursing Aides (CNA) and Home Health Aides (HHA) as caregivers. Granny NANNIES helps those in need of total 24-hour care assistance with bathing, dressing, feeding, turning and toileting, or clients who need basic assistance or well care, including meal preparation, errands/shopping, doctor appointments, medication reminders, light housekeeping or general supervision.

Not just a companion sitter, Granny NANNIES is regulated by the Agency for Health Care Administration and meets the same strict standards set for hospitals and nursing facilities. They are audited by the state biannually and have a perfect record of zero deficiencies, a direct reflection of the quality of care they provide. As you reunite with your older loved ones this holiday season, be aware of their needs and abilities and take heart in knowing that should assistance be required – be it a few hours per day or around the clock – services are available to provide them with the utmost care in the comfort of their home or location of your choosing.

ASSESSING YOUR OLDER FAMILY MEMBER'S NEEDS:

Physical Health: Have they been diagnosed with any chronic diseases such as diabetes, high blood pressure, arthritis or emphysema? Have they experienced heart disease, stroke or cancer? Do they have vision or hearing problems, excessive weight loss or gain, or difficulty walking? Make a list of health professionals they currently see, add any recent hospitalizations.

Mental Health: Have they been diagnosed with any psychiatric disorders such as depression, anxiety, Alzheimer or dementia? Are they showing signs of confusion, disorientation or isolation?

Medication Use: What medications are they currently taking? Are they taking them as directed?

Daily Living Skills: Are they able to dress, bathe, get up from a chair, use a toilet, climb stairs, and use the phone? Do they know how to get help in an emergency? Can they shop, prepare meals, do housework, and drive safely?

Interests/Lifestyle: Do they engage in their favorite hobbies, read books, watch their favorite TV shows, exercise, go to church, and keep up with friends? Are they still engaged in the activities they have always enjoyed?