



Family is the pillar in all human societies, and nurturing family members is instinctive. Today, more than 22.4 million households provide care to family members over 50, according to an AARP study. A large percentage of family members providing the care are trying to balance a full-time job, children and an elderly loved one.

No matter how organized an individual is, there are still only 24 hours in a day. A recent Gallup Poll confirms that family caregivers suffer from poorer health, especially if they are working a full-time job. Family caregivers are more likely to have higher blood pressure and may experience recurring neck and back pain, as well.

#### A DAY IN THE LIFE

Joan Ferrell, case manager for **Granny Nannies** explains a typical day in the life of a working family caregiver: “The family caregiver may start their morning by helping their loved one prepare medications for the day, prepare and possibly help feed breakfast, change clothes and bedding, and provide personal care. Next, the caregiver must provide for the rest of their family. In many cases, they must work a full-time job and continue the care of their loved one when they return home.



“Home health care early on can have a positive, preventative impact, plus give the family caregiver the opportunity to leave for work knowing that the proper care is in place. Hiring a professional caregiver will enable the family caregiver the opportunity to actually take a day off or take a well-earned vacation.”

– Joan Ferrell, case manager for  
Granny Nannies

## RESPITE FOR FAMILY CAREGIVERS

GRANNY NANNIES OFFERS PROFESSIONAL HOME HEALTH CARE SERVICES WITH A PERSONAL TOUCH

“The working caregiver may have to make some workplace adjustments and accommodations, such as arriving late to work or leaving early, reducing their schedule to part-time, taking more days off than earned, using all family leave time, turning down a promotion, choosing early retirement or giving up work entirely. A working caregiver’s responsibility often becomes overwhelming resulting in illness or a physical injury which restricts the amount of care they can provide. The decision is finally made that more help is needed.”

The Gallup Poll confirmed what those who provide professional care have always known – along with associated stress, caregiving often requires significant physical activity, such as assisting with transfers to wheelchairs, beds or vehicles and continuation with exercises prescribed by physical therapy. Day-to-day activities include bathing, dressing, toileting, eating and maintaining a clean household.



▷ Granny Nannies’ caregivers provide basic health and home services to the elderly and other individuals with special needs.

#### LENDING A HELPING HAND

Selecting an agency to provide personalized care for a family member, whether at home or in an alternate-care facility, is a major decision. And no matter how skilled or high-tech the care may be, personal touch and trust is irreplaceable.

“Many people wait to find an agency that provides professional support. It’s not a good idea to put off getting assistance until the person’s condition demands it or the family caregiver is completely exhausted,” explains Ferrell.

Granny Nannies is a nursing agency that specializes in caring for the elderly, as well as individuals of any age who have special needs. The organization’s Certified Nursing Aides (CNAs) and Home Health Aides (HHAs) provide care either in the safety and comfort of the patient’s own home, or in an alternate-care facility. The CNAs or HHAs stay with the patient for four to 24 hours a day, depending on the need of the patient and the family caregiver.

Services provided are basic health and home services (custodial care) such as light housekeeping, feeding, bathing, grooming, respite care, meal preparation, medication reminders, as well as transportation to and from doctor visits, the grocery store and more. Each office of Granny Nannies offers a free, no-obligation consultation to review services offered.

All of Granny Nannies’ caregivers are thoroughly screened, and must pass a stringent check on their credentials, national criminal background, references and physical condition, and each caregiver is bonded and insured and required to maintain continuing education to keep their skills current.

“Equally important, they must display the kindness and compassion needed to care for others,” adds Ferrell.

While standards are set high for Granny Nannies’ caregivers, the organization’s rates remain affordable. The organization accepts many different types of long-term care and workers’ compensation insurance, and is a Med-waiver (low-income) provider.

Quality care for a family member does not have to be a financial or emotional nightmare. Whether the need is individualized attention in a facility or a gentle hand to aid that person in their own familiar surroundings, many families find the advocacy and peace of mind of a professional caregiver to be priceless.

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