

Caring for Seniors



Questions & Answers
with Vadim Cherdak, PhD, CSA
Certified Senior Advisor

My mom diagnosed with Alzheimer. What may I do now?

Every day hundreds Americans asked this tough question. According to recent surveys, more than 26 million family caregivers provide care to adults with a disability or chronic illness, and 5 million informal caregivers provide care for older adults aged 50+ with dementia. More than half of caregivers are women. The average amount of time that caregivers spend on care giving is about 20 hours per week. Caring for a person with disabilities can be physically demanding, especially for older caregivers, who make up half of all caregivers. One third of all caregivers describe their own health as fair to poor.

Fortunately there are a big number of different resources available for family caregivers. There are governmental and social organizations and private care companies specialized in different areas of Home Health Care.

The most important is to find what kind of help is suitable for your special situation and how to find these resources.

Our experience in helping families in need shows that one of the biggest problems these families have is to find how to navigate in the huge maze of Senior Care Resources and organizations, where to find the answer, whom to ask.

Today we begin publishing a weekly column dedicated to different aspects of caring for seniors. Here we will answer your questions and discuss available solutions for your problems.

Affinity Care's team has over 10 years experience in working with seniors and providing Home Health Care, including Personal, Hospice, and Companion care and Geriatric Care Management for seniors of Central New Jersey. Affinity Care is an accredited company that works in partnership with a number of agencies, i.e. Veterans Administration, Visiting Nurse Association, Hospice, long term care insurance carriers, etc. in an effort to provide the most compassionate care possible.

If you need to discuss your particular situation in details or schedule free assessment interview please contact Affinity Care senior advisors.

Vadim Cherdak, PhD, is a Certified Senior Advisor with **Affinity Care of NJ**.



Affinity Care provides professional Home Health Care for Seniors and Disabled. Call us with your questions: **732-790-2796** or e-mail: sc@AffinityCareNJ.com.

Visit our web site www.AffinityCareNJ.com to check resources available for seniors.

Affinity constantly searches, trains and employs the best caregivers in Central NJ.