



**MORE CARE.**  
More peace of mind.

## Home care is NOT a beginning to the end

Many people are threatened by the mere suggestion they might need care of any kind. They can't get past the feeling that bringing in an in-home caregiver is the first step towards taking away their independence. It's quite the opposite. Our goal is to help aging adults retain their independence. Here are five things you need to know about home care:

- It doesn't mean that you're sick.
- It won't restrict your independence.
- You won't feel like there's a stranger in your home.
- You can afford it.
- It won't be an omen of things to come.

[Find out more about how to debunk myths about home care.](#)



Happy Back to School to all the parents out there!

## Ask the Expert

**What is the value of knowing a client's life story?**

Ann Cesafsky, LSW, explains how knowing a client more personally can result in better, more person-centered care.

[Find out more.](#)

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