



**FREEDOM**  
HOME CARE, LLC

## November 2020



Ask the Expert with Ann Cesafsky, L.S.W.

**What services could my parents benefit from as they are living alone, family is located in another state and they would like peace of mind should an emergency arise?**

Freedom Home Care offers customized home care to meet each person where they are at and caregivers provide one-on-one care to assist clients. Our team values our role in assisting clients with services so they can remain independent at home. Case Management benefits include transportation, accompaniment to Dr. appointments, urgent care, and the emergency department. Client centered care involves assisting with identifying and coordinating resources and services. If a hospital stay is involved, the Case Manager can assist with coordination of care, keeping family informed and discharge planning. We also offer a 24/7 emergency contact service. For a monthly fee, we offer available on-call licensed professionals who are able assist, day or night. An hour monthly visit by a case manager is included with this service. Being an advocate and support for your loved one during an emergency and on a daily basis are roles we value at Freedom Home Care. We can provide peace of mind should an emergency or home care need arise.



### Monthly Tip

Be the light! Many people suffer from Seasonal Affective Disorder (SAD), which is a depressive illness provoked by reductions in sunlight. Find ways to participate in outdoor activities to take in natural winter sunlight whenever you can.



Freedom Home Care is on the Air!

Tune into Magic 100.5 with Teri Thursday mornings at 9:00am. Each week we discuss a different topic. All sessions are recorded and can be found on our website. Learn more at [Freedom Home Care, On the Air](#).



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