



Visiting Homemaker Home Health Aide Service of Bergen County, Inc.

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FOR IMMEDIATE RELEASE

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\$10,000 GRANT FOR CAREGIVER RELIEF AWARDED TO VISITING HOMEMAKER BY THE WALLERSTEIN FOUNDATION FOR GERIATRIC LIFE IMPROVEMENT

Visiting Homemaker Home Health Aide Service of Bergen County was awarded a grant of \$10,000 from the Wallerstein Foundation for Geriatric Life Improvement to support the establishment of an emergency respite home care service. The program extends a lifeline to caregivers who are juggling the demands of caring for a loved with their own personal crisis situations.

The Visiting Homemaker Emergency Respite Program steps in to provide temporary home care for an elderly or disabled person when the family or friends who are the usual caregivers are unable to help. Caregivers in need of emergency respite home care services can apply by calling Visiting Homemaker at 201-488-0041.

The Wallerstein Foundation for Geriatric Life Improvement supports a wide range of programs that benefit older adults. Its President, Melvin J. Wallerstein told Visiting Homemaker that he is proud to help the community's overburdened caregivers by supporting the respite service. He encourages others to donate to the program so it can be sustained as a charitable home care service for people in need.

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According to Gail Ryan, Visiting Homemaker's Executive Director, "Families are dedicated caregivers who go to extraordinary lengths to provide the best possible care for their loved ones. Unfortunately, in the process, they may neglect their own health and wellbeing. Thanks to the generosity of the Wallerstein Foundation for Geriatric Life Improvement and other community supporters who donate to the agency, we are able to provide critical assistance to caregivers who are coping with a medical emergency or a personal or work crisis. We can also step in temporarily when caregivers need some time to mobilize and coordinate their arrangements for a loved one who has suddenly taken ill or become dependent. This funded service makes all the difference. It means that caregivers are not faced with the dilemma of choosing between neglecting their own needs or placing their loved ones in a nursing home. They can resolve their crises and make long term care arrangements with peace of mind knowing that their loved one is well cared for at home."

The program offers overburdened caregivers a certified home health aide to provide the necessary care for the patient on a short- term basis. The aide assists with the tasks that the patients cannot do on their own. She can assist with personal care activities such as showering, dressing, and grooming. She also helps with shopping and preparing meals, light housekeeping, and supervision and medication reminders when necessary. While the patient is kept stable and safe, the program nurse works with each family, guiding and helping them make arrangements for ongoing care. When appropriate, she helps caregivers to apply for government-funded or other grant funded services that will enable care to continue after the duration of the Visiting Homemaker Emergency Respite Service.

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Visiting Homemaker Home Health Aide Service of Bergen County has been serving frail elderly and sick or disabled community members of all ages for more than half a century. It is a nonprofit agency that provides home care services to enable people throughout Bergen County to receive the care they need in the comfort and dignity of home. It provides high quality, individualized services including certified home health aides, shopping, errand and housekeeping services, help with hospital or post surgery discharge, help so a disabled person can attend special family occasions, and other home care services.

For further information contact Gail Ryan, Executive Director, 201-488-0041, ext. 23, ryan@vhsbc.com.

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