

## **Accepting Assistance is the Key to Maintaining Independence**

*FirstLight HomeCare offers affordable, compassionate care*

Remaining independent doesn't mean you have to be self-sufficient and do everything yourself. Knowing your limitations and when to ask for help is often the key to preventing injury and retaining your quality of life as you age.

Many adults need only a small number of services to function independently and safely as they age, such as help with home maintenance, light housekeeping, laundry, shopping and cooking. Assistance with daily routines, such as bathing, dressing, grooming and eating can also help maintain independence.

FirstLight HomeCare of Sun City owner Linda Ford understands the value caregivers can play in helping people maintain their quality of life while by helping with chores they can't or don't want to do anymore.

"None of us enjoys doing chores; and at some point in our lives, we all deserve some help with those chores," Ford said. "We feel it is an honor to help maintain a person's quality of life by taking care of some of those tasks around the house."

Sometimes, recovering from an illness or injury – even surgery – can make it difficult to perform daily household tasks. Caregivers can offer a helping hand that makes regaining or maintaining independence easier with personalized support and sincere encouragement from experienced caregivers who respect your abilities.

"FirstLight in-home caregivers have the patience, experience and compassion to bring out the best in every situation," Ford said. "And just as important, FirstLight is committed to delivering the industry's best care and best value, making caregivers more affordable than many folks realize."

In addition to helping seniors, FirstLight HomeCare offers customized caregiving services for people with disabilities, those recovering from surgery, injury or rehabilitation, new moms just home from the hospital or families of deployed military personnel—anyone who needs assistance to make life easier.

