

## **The Father's Day Gift Your Dad May Not Know He Needs**

Every year Father's Day rolls around and we ponder what to get a man that seems impossible to buy for. By the time you reach a certain age, material possessions just add more clutter. How many golf balls can one person use? If you buy him a shirt, you could probably just add it to his collection of the 30 unworn shirts he already has in his closet.

Instead, think about what your father may *need* most without even realizing it: *help*. Either your help or the help of someone who can offer some much needed home care assistance.

As parents age, they often lose their friends and their social circles become smaller. Would he like some regular companionship? Someone to help cook some meals so he will eat correctly? Possibly someone to help him run errands or take him to his doctor's appointments?

Not all adult children live near their fathers. That's where FirstLight HomeCare of Northwest Virginia comes in. We can provide your father with some much needed help while allowing him to maintain his independence and freedom. The gift of home care may not seem like a gift at all – it could be a blessing!

## **FirstLight HomeCare of Northwest Virginia Provides Dependable Home Care**

Statistics show that most seniors want to age in their homes. It's the place they are most comfortable, surrounded by the memories, neighborhood and friends they have built up over the years. However, as our fathers age, it may be tough for them to have the energy or mobility they once had. Certain day-to-day activities may become more difficult. That's where our home caregivers can prove to be invaluable.

Here are just a few of the home care services we can offer:

- Running errands such as transportation to the grocery store or doctor's appointments
- Activities and social engagement, such as trips to a local ball park or a museum
- Nutritious meals
- Medication reminders
- Light housekeeping
- Bathing or hygiene assistance
- Walking and mobility assistance
- Rehabilitative care
- Dementia care
- Companionship and good company
- Respite care to give you a much needed break

So as you are wracking your brain for the best gift for Father's Day, think about providing him with a companion either on a short or long-term basis. We can help for a few hours a week or even a few hours a month. Our plans are flexible depending on the level of care your father may need. Give him a gift that he may not even recognize he needs: home care from FirstLight HomeCare of Northwest Virginia.