

Comfort Keepers® of Castle Rock Provides In-home Care Assessment Guide

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Castle Rock, Colorado - The holidays are often a joyous time of the year when many take a break and visit friends and family across the country. At this time, some seniors find it more difficult to manage some of the routine tasks that come with hosting dinners and gatherings. For those that haven't visited in a while, family members are often surprised to find that their senior loved ones need a little more help at home as they get older.

In home care services can help seniors remain independent by providing assistance with the activities of daily living like personal care, meal preparation, medication reminders, safety assessments, companionship and transportation to events and appointments. According to the AARP, 85% of seniors prefer to remain in their home as they age, the right in-home company can help make this possible.

To highlight the importance of assessing home care needs, for both seniors and their families, Comfort Keepers® of Castle Rock is providing Douglas and Elbert County-area seniors with tips and resources for the holiday season and throughout the year.

"It's not uncommon to visit parents, grandparents or other older family members, and find that they could use some assistance around the house," said Katie Coleman, owner at Comfort Keepers of Castle Rock. "At Comfort Keepers, we help seniors enjoy a healthy and active lifestyle all year round by providing services that allow them to maintain their daily routines, enjoy the activities that bring them joy and remain in their homes and communities for as long as possible."

The Comfort Keepers assessment guide gives seniors and their families questions they can discuss about care needs and wants, information for family caregivers that could use respite care and information about the types of in-home care available. The guide can be found at <https://castlerock-1052.comfortkeepers.com/>.

"We recommend that anyone visiting senior family members this holiday season, or those that are looking for care, download the guide and discuss the assessment questions together," said Katie. "Being proactive and having difficult conversations can help open the lines of communication about how everyone can support aging in place."

For more information about Comfort Keepers® of Castle Rock's services, including in-home care, respite care, Alzheimer's and dementia care services, and the care philosophy that centers around Elevating the Human SpiritSM, visit <https://castlerock-1052.comfortkeepers.com/>.

About Comfort Keepers®

For more than two decades, Comfort Keepers® has been Elevating the Human SpiritSM through its in-home care network for seniors and other adults by empowering them to maintain their independence and realize joy in the everyday moments. A division of Sodexo, a global leader that

delivers Quality of Life services to over 75 million consumers in 80 countries each day, Comfort Keepers operates a franchise network that has grown to more than 700 locations around the world. In addition to providing services that focus on health care and senior markets, Sodexo's integrated offerings encompass more than 45 years of experience in reception, safety, maintenance and cleaning, foodservices, facilities and equipment management, and concierge services. For more information, visit <https://castlerock-1052.comfortkeepers.com/>.

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