

# Senior Care



Taking care of someone as they age can be challenging. As a caregiver, you may find yourself short on time, energy, or even patience. This is normal but can lead to you feeling burned out or overwhelmed. ***If you are experiencing these feelings, it may be time to look into senior home care options.***

Whether your loved one needs ***at-home senior*** care for a few hours a week or several hours a day, and as their needs change, VNS Health is here for you.

Beyond the ***support*** your loved one will receive through VNS Health, we are here to make lasting relationships with your family. To us, it's not just about providing expert care – it's about building lasting connections. It's about being there not only to help with day-to-day tasks but also to offer companionship and friendship.

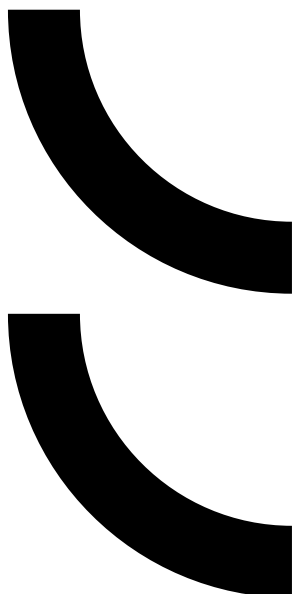
## Is home care right for me?

Thinking about home care for yourself or a family member? Have questions about what might be the best option for your situation? Not sure what kind of care you or a loved one needs?

**VNS Health is here for you.**

**Take this short quiz to find out how VNS Health can provide you or your loved one with the best care possible.**

Take Quiz



## **Comprehensive Senior Care Options**

Everyone deserves the option to stay in their home and community as they age. VNS Health (will support you and your loved one's at home senior care so you can heal properly in the comforts of home.)

### **Home Care**



Sometimes your loved one just needs more help than you can give on your own. If they are struggling with daily tasks or with managing their health, home care might be the best option.

[Learn more about home care.](#)

### **Stroke Care**



If your loved one has recently had a stroke, VNS Health can help. Our stroke care goes above and beyond general (senior) home care to help your loved one with both the physical and the vocal impacts of a stroke.

[Learn more about stroke care.](#)

## Rehabilitation Therapy



If your loved one is recovering from an illness, hospitalization, stroke, brain injury, or other injuries, rehabilitation therapy can aid in their recovery. We offer physical, occupational, and speech therapy as part of your loved one's senior care.

[Learn more about rehabilitation therapy.](#)

## Hospice Care



Hospice care can help your loved one live comfortably during their last stage of life. Home health aides from VNS Health Hospice Care are compassionate and can offer support to both you and your loved one during this time.

[Learn more about hospice care.](#)

## Geriatric Care Management



Sometimes, in addition to getting your loved one the care they need, you may also need someone to help with the coordination of care and the more "business-like" things. VNS Health offers geriatric care management as a caregiver support service. Your dedicated VNS Health care manager can help you manage your loved one's (senior) care and keep track of all the details.

[Learn more about geriatric care management.](#)

*I was scared. VNS Health's support gave me comfort and hope that I was going to get the help I needed.*

*Iris, family caregiver*