



A MONTHLY NEWSLETTER FOR
CARING FOR YOU HOME CARE

THE CARE CONNECTION

APRIL 2026

**UPLIFT.
DEFEND.
TRANSFORM.**

HONORING SOCIAL WORK MONTH 2026

At Caring For You Home Care, we honor their unwavering commitment. Their work does not simply support healthcare—it completes it.

A NEW ERA OF UNDERSTANDING

Our caregivers are trained to provide: -
Patience and reassurance -
Structured routines - Emotional support

HONORING SOCIAL WORK MONTH 2026



Social Workers: Uplift. Defend. Transform.

April is a time to recognize the professionals who stand at the front lines of advocacy, equity, and compassionate service. This month, Caring For You Home Care proudly honors Social Work Month 2026 and the powerful role social workers play in strengthening families and protecting vulnerable individuals.

Across the nation, over 810,000 social workers dedicate their lives to uplifting communities. They walk alongside older adults, individuals with disabilities, and families in crisis, helping them navigate systems that can often feel overwhelming.

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WHAT SOCIAL WORKERS DO

Uplifting Communities Through Advocacy and Care

Social workers are connectors, advocates, and problem-solvers. Their work bridges the gap between medical care and everyday living.

They serve as the vital link between:

- Hospitals and home care
- Families and community resources
- Crisis and long-term stability
- Isolation and meaningful support

Whether guiding a senior through Medicare, coordinating protective services, or advocating for a family in need, social workers ensure dignity remains at the center of care.

Their role reminds us that true care goes beyond treatment—it is about understanding the full human experience.



BUILDING STRONG SUPPORT NETWORKS

STRENGTHENING THE AGING NETWORK

Aging with dignity requires more than medical care—it requires a network of support that evolves with each individual's needs.

Social workers help build and sustain access to essential services such as:

- Nutrition programs
- Transportation assistance
- Mental health resources
- Long-term care planning
- In-home support services

Organizations like Philadelphia Corporation for Aging (PCA) play a critical role in coordinating these services, ensuring that older adults remain independent while receiving the care they deserve.

LEARN MORE:

[HTTPS://PCACARES.ORG/SERVICES](https://pcacares.org/services)

When communities collaborate, seniors are empowered to live safer, fuller, and more connected lives.

www.caring4youhomecare.com

WHAT SENIORS SHOULD KNOW

Healthcare affordability continues to be one of the biggest concerns for older adults and their families. One of the most impactful recent changes is the Medicare Drug Price Negotiation Program, a landmark effort to make prescription medications more affordable for people with Medicare.



Under this program, the Centers for Medicare & Medicaid Services (CMS) is now able to negotiate directly with drug manufacturers on behalf of Medicare beneficiaries. Historically, Medicare was not allowed to negotiate drug prices directly — a limitation that kept drug costs high for many older adults and people with disabilities. The Inflation Reduction Act of 2022 changed that, giving CMS authority to pursue fairer prices for the most expensive medications used by millions of Americans.

What's Happening Now

- CMS has announced that manufacturers participating in the third cycle of Medicare drug price negotiations have agreed to engage in the process. These negotiations target 15 high-spending prescription drugs covered under Medicare — including both outpatient medicines (Part D) and, for the first time, medications administered in clinical settings (Part B) — and are expected to bring negotiated prices into effect in 2028.
- This latest round builds on previous negotiation cycles already underway or concluded, which have successfully secured lower prices on selected drugs beginning in 2026 and 2027. The process includes meetings between CMS and drug manufacturers, opportunities for patient-focused input, and thoughtful consideration of treatment benefits, alternatives, and the impact on people who depend on these medicines.

Read the full CMS fact sheet here:

<https://www.cms.gov/newsroom/fact-sheets/cms-announces-manufacturer-participation-third-cycle-medicare-drug-price-negotiation>

- **Why This Matters for You**
- **Lower Out-of-Pocket Costs:** Negotiated prices can reduce what you pay for prescriptions — turning unaffordable medications into manageable costs.
- **Greater Predictability:** When Medicare can negotiate, costs are less likely to spike unexpectedly, helping beneficiaries and families budget more reliably.
- **Expanded Coverage:** With Part B drugs now included, more kinds of treatments — including those administered in doctors' offices — may become more affordable.
- **As this program continues to evolve, its goal remains simple:** to secure more fair and reasonable prices on high-cost drugs for the people who depend on them, while preserving access to innovation and quality care.
- At [Caring For You Home Care](#), we stay informed on these developments so we can support you and your loved ones in navigating Medicare benefits — from understanding coverage changes to coordinating prescription support and care planning.

DEMENTIA CARE, BRAIN HEALTH & INNOVATION

UNDERSTANDING TODAY. PREPARING FOR TOMORROW.

Dementia care is entering a new era. Advancements in research — including emerging blood-based testing for Alzheimer's detection — are transforming how we approach early diagnosis and personalized support. Earlier identification allows families to plan sooner, access resources faster, and make informed care decisions.

BUT INNOVATION IS ONLY PART OF THE STORY.

The foundation of dementia care remains human connection. Compassion, patience, and structured support make the greatest difference in quality of life.

At **Caring For You Home Care**, our caregivers provide:

- Calm, structured daily routines
- Emotional reassurance
- Cognitive engagement activities
- Family communication and support

Prevention and brain health also play a critical role. Experts emphasize simple, consistent habits that promote cognitive strength:

- Staying socially connected
- Maintaining heart health
- Eating balanced, nutrient-rich meals
- Exercising regularly
- Keeping the mind active

Brain health is not about perfection — it is about intention. Small daily choices build lifelong impact.



BECAUSE
DEMENTIA CARE
IS NOT JUST
ABOUT MEMORY
— IT IS ABOUT
PRESERVING
**DIGNITY,
IDENTITY, AND
LOVE.**

AGING WELL AT HOME

SAFETY, NUTRITION & INDEPENDENCE

Aging in place is more than a preference — it is a pathway to emotional well-being and independence. A safe, supportive home environment significantly reduces risk while increasing confidence.

Simple home modifications can make a meaningful difference:

- Improved lighting
- Grab bars in bathrooms
- Non-slip flooring
- Clear, accessible layouts



At **Caring For You Home Care**, we support clients through:

- Meal preparation and grocery assistance
- Hydration reminders
- Medication reminders
- Mobility and safety supervision

Nutrition is equally essential. Food is more than sustenance — it is comfort, culture, and connection. Programs like PCA's Senior Nutrition Program help ensure older adults receive consistent, nourishing meals, especially those living alone.



PROFESSIONAL GROWTH & CAREERS IN AGING SERVICES

Strong communities are built by trained, compassionate professionals committed to lifelong learning.

Ongoing education and engagement strengthen the quality of services across the aging network.

Key focus areas include:

- Dementia education
- Caregiver skill development
- Community collaboration
- Advocacy and policy awareness



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This is more than employment — it is a calling to uplift, defend, and transform lives.

The field of aging services also offers meaningful career opportunities rooted in purpose and impact.

Roles include:

- Care coordination
- Protective services
- Clinical and in-home support
- Resource management



Explore professional events:
<https://pcacares.org/events>

Explore careers:
<https://pcacares.org/careers>

April 2026 Newsletter



CARING FOR YOU HOME CARE
A SHARED COMMITMENT

Social workers uplift.
Healthcare providers heal.
Caregivers comfort.
Communities support.

Together, these roles create a safety net that protects dignity and strengthens lives.

At **Caring For You Home Care**, we are proud to stand alongside those who advocate, defend, and care for others every day.

Thank you for being part of our caring community.