



THE CARING CHRONICLE

CARE THAT MEETS YOU

At Home

OCTOBER 2026

FEATURE STORY

WHAT DOES
"AGING IN PLACE"
REALLY MEAN?

CAREGIVER SKILLS

THE ART OF GOOD
COMMUNICATION

MEDICATION AWARENESS

MEDICATION SAFETY
STARTS WITH GOOD
COMMUNICATION

What Does “Aging in Place” Really Mean?

For many older adults, home represents much more than four walls and a roof. It may be the place where they raised a family, celebrated milestones, built friendships, and created years of memories.

Aging in place means continuing to live in a familiar home or community while receiving the appropriate support needed to remain safe, comfortable, and connected. That support can look different for every person.

What Can Help Someone Age Comfortably at Home?

Familiar surroundings

Staying in a familiar environment can provide comfort and help maintain established routines.

Reliable support

Assistance with daily activities can make everyday life more manageable.

Open communication

Regular communication between the participant, family, caregivers, and care team helps everyone understand changing needs.

Person-centered routines

Care should take the person's preferences, habits, abilities, and goals into consideration.

Flexibility

Needs can change over time. A care routine may need to be adjusted as a person's abilities or circumstances change.

A Simple Question That Can Guide Care

“What matters most to you about being at home?”

Sometimes the answer is independence. Sometimes it is being close to family, maintaining a favorite routine, enjoying a morning cup of coffee, or simply feeling comfortable in familiar surroundings.

Good care starts by listening.



CAREGIVER SKILLS

THE ART OF GOOD COMMUNICATION

Caregiving is not only about what we do. It is also about how we speak, listen, explain, and respond.



C – CONNECT

Give the person your attention. Use their preferred name and, when appropriate, make eye contact.

A – ASK

Ask before helping whenever possible. Give the person an opportunity to explain what they need or prefer.



R – RESPECT

Respect privacy, personal space, preferences, and the person's right to participate in decisions.

E – EXPLAIN

Briefly explain what you are doing, especially when assisting with something unfamiliar.



REMEMBER:

GOOD COMMUNICATION IS NOT JUST TALKING.

MEDICATION AWARENESS



**When you're
unsure, ask before
acting.**

Medication-related questions should be directed to the participant's healthcare provider, pharmacist, or other appropriate professional.

MEDICATION SAFETY STARTS WITH GOOD COMMUNICATION



Many people receiving home care take multiple medications throughout the day. Caregivers may play an important role in supporting an established routine, while staying within their assigned responsibilities.

HELPFUL HABITS

- Keep information organized
- Follow the established routine
- Communicate concerns
- Know your role
- Ask when you're unsure

A HELPFUL REMINDER

When you're unsure, ask before acting.

Medication-related questions should be directed to the participant's healthcare provider, pharmacist, or other appropriate professional.



The Care Plan: A Roadmap for Consistent Care

A care plan helps everyone understand the support a participant needs and how that support should be provided.



1

Consistency

Everyone can better understand the established routine.

Clarity

Caregivers have guidance regarding assigned responsibilities.

2



3

Communication

Important information can be shared among the participant, family, caregivers, and care team.

Awareness

Changes in needs can be identified and communicated.

4

Person-centered care

The plan provides a foundation for supporting the individual.

5

OCTOBER FEATURE

MAKING HALLOWEEN COMFORTABLE FOR EVERYONE

Halloween can be fun, but for someone living with dementia or experiencing changes in memory, the holiday can sometimes feel overwhelming.

A favorite snack, familiar music, a simple craft, or time with a loved one can create a meaningful holiday experience without overwhelming the person.

KEEP HALLOWEEN COMFORTABLE

- Keep decorations simple.
- Keep pathways clear.
- Consider noise levels.
- Be thoughtful about costumes.
- Maintain familiar routines.
- Let the person choose.

THE GOAL ISN'T A PERFECT HALLOWEEN.

“THE GOAL IS A COMFORTABLE ONE.”



When Families Share the Care

Home care often involves more than one person.

Family members, caregivers, healthcare professionals, and other support systems may each have different responsibilities. Clear communication can help everyone work toward the same goal: supporting the participant.

QUESTIONS FAMILIES CAN TALK ABOUT

- What is most important to the participant?
- What changes should be communicated?
- Who should be contacted with questions?
- What preferences should caregivers know?

KEEP THE PARTICIPANT AT THE CENTER

Family members may have their own concerns and perspectives, but the participant's voice should remain an important part of the conversation whenever possible.

"Care works best when people communicate with one another, not around one another."



CAREGIVER WELL-BEING

CAREGIVERS NEED CARE, TOO

Caregiving can be meaningful and rewarding, but it can also be demanding.

Taking care of yourself does not mean you care less about the person you support. It can help you remain patient, attentive, and present

Take your scheduled breaks.

Eat regular meals.

Stay hydrated.

Ask for help when needed.

Stay connected.



RECIPE CORNER

PUMPKIN OATMEAL BITES

LOOKING FOR A
SIMPLE OCTOBER
SNACK?





PUMPKIN OATMEAL BITES

Recipe

Ingredients:

- 1 cup pumpkin puree
- 1 cup old-fashioned oats
- 1 ripe banana, mashed
- 1 egg
- 2 tablespoons honey or maple syrup
- ½ teaspoon vanilla extract
- ½ teaspoon pumpkin pie spice
- ¼ cup raisins or mini chocolate chips, optional

Directions:

1. Preheat oven to 350°F (175°C).
2. Combine pumpkin puree, banana, egg, honey or maple syrup, and vanilla.
3. Stir in oats and pumpkin pie spice.
4. Fold in optional raisins/chocolate chips.
5. Spoon small portions onto a lined baking sheet and flatten.
6. Bake 12–15 minutes, or until set.
7. Cool before serving.

OCTOBER EVENTS & THINGS TO DO IN PENNSYLVANIA

October is a great time to get out, enjoy the community, and make new memories. Whether you're looking for art, music, food, history, or a simple afternoon outdoors, there are plenty of activities that clients and caregivers can enjoy together.

**10-18
OCT**

Philadelphia Open Studio Tours

Artists and creative spaces across Philadelphia open their doors to the public during the annual Philadelphia Open Studio Tours (POST).

**24
OCT**

Día de los Muertos CultureFest!

Celebrate Mexican culture and traditions at the Penn Museum's annual Día de los Muertos CultureFest.

**WEEKENDS
THROUGH
31
OCT**

Southeast Asian Market at FDR Park

The Southeast Asian Market at FDR Park brings together food vendors, produce, plants, jewelry, clothing, and other items from across the region.

**THROUGHOUT
OCT**

Harvest & Pumpkin Events

Several farms and attractions offer seasonal activities throughout October, including Pumpkinland at Linvilla Orchards, Scarecrows in the Village at Peddler's Village, Elmwood Park Zoo Harvest Fest, and FallFest at Shady Brook Farm.

**24-25
OCT**

Pennsylvania Chocolate & Coffee Festival

Chocolate and coffee lovers can sample treats and explore vendors at this two-day festival at the Greater Philadelphia Expo Center.



Care That Meets You at Home

Home care is built from many small moments.

A dependable routine.

A helping hand.

A prepared meal.

A family phone call.

A caregiver who listens.

A familiar song.

A conversation that makes someone feel heard.

Each moment may seem small on its own, but together they can make a meaningful difference in someone's day.

Every person has different needs. Every home has its own rhythm. And every day brings another opportunity to provide support with dignity, patience, and compassion.

OUR COMMITMENT

At Caring For You Home Care, we believe care should fit the person—not the other way around.

We are grateful to the participants, families, caregivers, and care partners who make compassionate home-centered care possible every day.

Thank you for being part of The Care Connection.

Wishing you a safe, meaningful, and connected October.

Caring For You Home Care

Compassionate care. Trusted support. Home-centered service.

CARING FOR YOU HOME CARE

Because care should always feel like home.

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