

Assistance For The Elderly And Disabled

There are many reasons why a person would be taken into care and often very few of these people actually choose this course of action for their own pleasure. Families sometimes place their elderly or disabled relatives into care because they can no longer cope with looking after them. This can be due to work commitments or simply the strain of trying to give someone twenty four hour care. Taking that step to putting someone into care is one of the hardest things a relative will ever have to do. If the relative is elderly, they will often spend a good deal of time living with the family first before the strain becomes too much and care is the only option. However, there are aids that can assist a family into easier care, thus keeping the relative at home for longer without so much difficulty. One of these aids is a walk in bath. Bathing can be extremely difficult for the elderly, infirm and disabled due to limited mobility. A walk in bath will do away with the need for anything more agile than walking a few steps or sitting and the majority of people will manage this to a degree. A walk in bath comes with an inward opening completely sealed door and high level seat so the user is required to exert very little effort. Once seated, they can enjoy a bath in privacy - a commodity that not many people in care get to enjoy. Water is emptied out quickly to reduce the possible time to get cold and any member of the household can use these facilities. A walk in bath that is the size of a normal bath is one choice that can be adapted to have an overhead shower. This is invaluable when it comes to a family with a busy lifestyle and when people of differing abilities want to use the same bathroom. Another idea is to install hoists. Particularly if a person is wheelchair bound, the hoist will relieve back pressure on any carer by being fitted above a bed, sofa or walk in bath. It gives the user a feeling of safety and security which is another thing that can be lost when you are dependent on the hands of another person. If an elderly or infirm person wants to stay in their own home for as long as possible they do not want to feel like a burden on their loved ones and certainly do not want to lose their independence. This is where disabled aids come into their own. With a home that is equipped with specifically chosen aids such as grab handles, walk in baths, wider door frames, a person can stay in their own home a lot longer than used to be the case. Care homes themselves also take advantage of these aids. Back injuries were an occupational hazard when working in a care home, due to the constant heavy lifting of other adults at difficult angles. This has been largely overcome and should not be seen as an automatic complaint to expect. Adjustable beds and chairs that are easier to get out of, as well as stair lifts, mean the elderly or disabled person can make their entire home more accessible instead of being confined to one room. Using these aids and allowing a person to retain their independence for as long as possible will improve the mood of the home owner. A lift in mood will have the knock on effect of releasing endorphins which are also known to heal. It has often been found that once a person gives in to the care home, they give up on life, feeling that this is the last phase and just waiting for the inevitable. This does not have to be so. Whether in their own home or a nursing home, a person can live with as much independence as their physicality allows.

About the Author

Social expert Catherine Harvey looks at the use of aids such as the walk in bath to assist those less able bodied. To find out more please visit <http://www.wibco.com/>

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