

Writing Sample blog by Daniel Cameron for corecubed  
Client – Hired Hands Homecare



**Title:** *How to Help Seniors Stay Fit Physically and Spiritually With Senior Home Care*

**Meta Title:** *Senior Home Care: Help Seniors With Physical and Spiritual Wellness*

**Meta Description:** *Need a caregiver to help seniors physically and spiritually? Here's what one senior home care Walnut Creek organization says. We also serve surrounding areas.*

**Photo Caption:** *Help the senior in your life be healthy, both physically and spiritually.*

**Social Media:** *Of course, you want to help the senior or seniors you love with the senior home care that will provide them with optimal physical health. But what about their spiritual and religious health? Find out what one Walnut Creek organization can offer [here](#).*

## How to Help Seniors Stay Fit Physically & Spiritually With Senior Home Care



We want senior home care that will help preserve the senior or seniors in your life that you love receive senior home care that is optimal both physically and mentally. As the people we love in life begin to age to where they need outside care, it is not necessarily a simple task to determine our role as helpers and caregivers. If we're not very cautious, it can be easy to take on too much ourselves and lose ourselves in the caregiving role. Luckily, in partnership with [Hired Hands Homecare](#), senior care Walnut Creek can take on some of the burdens, so that does not happen.

Helping seniors with meal preparation, running errands, light housekeeping, companionship, assistance with personal care such as bathing, dressing, grooming, toileting, incontinence, and ambulance transportation are some of the many things non-medical grade senior home care specialists can take care of or handle. But it is in connecting with their caregiver on a human-to-human level that seniors' spirituality can come alive, and that's nothing to ignore. So, the companionship portion will be significant.

Helping with spiritual issues is especially vital when dealing with a senior with a history of mental health issues. It's not only about physical health, especially for those with a history of mental health issues, which may increase in severity as they age. Not only can healthy spirituality go a long way towards improving the symptoms of mental health disorders, but surprisingly, a healthy mind and spirit are also very good for the physical body. Senior citizens may be reluctant to explore spirituality, however.

Keeping some seniors' stubbornness in your back pocket so you can be aware when you meet resistance, understand that it is connections with people that bring a person out spiritually. But suppose we are not cautious about how we approach seniors regarding their spirituality. In that case, it can turn into an unwanted discussion about religious differences or be conducive to

serious disagreements about the meaning of life, or worse, your shortcomings in how you treat them as seniors.

For instance, one part of senior independence that's good-intentioned people tend to neglect is the need to feel useful, needed, and taken an interest in all facets of their lives. Luckily, [Hired Hands Homecare's](#) senior home care experts can help by becoming a friend to the beloved



senior in your life. An innovative approach is that we train our caregivers with psychology courses to help them better connect with the seniors they are assigned to offer home care. That includes discussing spirituality, even if the senior in question prefers to navigate their spiritual life through organized religion, which is more likely than not.

Many older people may actually prefer discussing spirituality in religious terms since often it is what they were raised with many decades ago and how they best can come to embrace a spiritual life. It may start with spending more time outside, especially now that seniors can be more mobile than they were during the pandemic. [Says author Lewis Richmond](#), “It seems obvious when you think about it. We evolved in nature, and our spiritual feelings of oneness and worship come from nature. All of the world religions were founded in rural settings. Judaism, Christianity, and Islam were born in the desert, where the herding of sheep and the cultivation of grain took place.”

When talking with elderly parents about spirituality, avoid using derisive and unhelpful phrases or critical in nature. It is much warmer and more supportive of supplying the elderly with choices and engaging them in brainstorming a possible way to discuss spirituality or religion. An excellent example of this might be, “I’m sure it’s getting more difficult to attend church regularly now. Let’s talk about some options that will allow you to worship over the phone or even online with your senior home care aide.”

Together, you are more likely to end up with an understanding of how your beloved senior feels about spirituality and how you can help them realize those goals. Don’t forget that the physical

part can be vital to the spiritual aspect and vice versa. When mulling over options, consider that Hired Hands Homecare caregivers are available any moment, day, or night, for senior home care to provide spiritual guidance and accompaniment for seniors.

Our services are available based on each senior's wishes and timeframe, whether that means a regular lunch date with a friend, medical or salon visits, attending religious services, or just a Sunday afternoon drive to get out of your home and enjoy the scenery. We service the Marin, Sonoma, Napa, Tri-County, Solano, and [other areas](#). Contact us at [\(866\) 940-4343](tel:8669404343) for details.