



# Caring for a loved one with Alzheimer's is difficult. VHS homemakers make it easier.

Individuals with Alzheimer's or other forms of dementia aren't the only ones who suffer from this debilitating disease. Family members and friends who provide round the clock care are subject to extreme levels of emotional stress and depression. Respite care from the trusted, caring and experienced homemakers of **Visiting Homemaker Service of Hudson County** can help make a stressful situation better. To learn how our in-home services can help, visit [vhshc.org](http://vhshc.org)



**Visiting Homemaker Service**  
Trusted. Caring. Experienced.

## Important facts about Alzheimer's Disease

- According to the Alzheimer's Association, Alzheimer's Disease is the sixth leading cause of death in the U.S. and the fifth leading cause of death for those age 65 and older.
- Most survive four to eight years after a diagnosis of Alzheimer's, but some will live as long as 20 years with the disease.
- In 2010, 14.9 family and friends provided 17 billion hours or \$202.6 billion in unpaid care to those suffering from Alzheimer's and other dementias.
- More than 60 percent of Alzheimer's and dementia caregivers rate the emotional stress of care giving as high or very high; one-third report symptoms of depression.

## How Respite Care Can Help

VHS offers an array of services that ease the burden and help caregivers cope. This includes:

- Companions/Homemakers to provide relief for the normal caregiver
- Certified Home Health Aides to help with personal care and other activities of daily living
- Caregiver Education to help ensure the safety of the caregiver — join our Caregiver Cause on facebook, [www.causes.com/causes/305759-caregiver-health-project](http://www.causes.com/causes/305759-caregiver-health-project)

**Call today and get started! (201) 656-9012**



## Visiting Homemaker Service

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586 Newark Avenue Jersey City, NJ 07306 • Phone: **(201) 656-6001** or (201) 656-9012



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