



# Parenting Your Parents

Finding help you can count on when you need to care for a parent can be a challenge. Tricia Schaum launched her *Seasons of Care* to help people just like you.

by **Laura Briedis**

Life can be a balancing act when you have aging parents. While you help as much as you can, you have your own family and work obligations.

Tricia Schaum has been on both sides of the fence in the home health care industry. She had a first-hand look from a client's perspective for over 30 years as her mother struggled with Multiple Sclerosis.

For the past eight years, Tricia's company, *Seasons of Care*, has provided local residents with the same high-quality care Tricia expected for her own mother. She understands the uncertainty adult children face when a parent is declining or is rushed to the hospital.

"Nobody wants to believe their parents need help, but when they do, it is critical to know your options so you can make informed decisions and do what is best for them," Tricia says. "We provide information, including questions you need to ask health care providers."

Tricia meets with families to discuss their needs and options.

If your parent is hospitalized, skilled services (nursing/therapy) are often

needed to help him or her recover at home. It is important to know you have the right to choose the provider of those services. Seasons of Care, a Medicare home health care company, is certified to provide skilled services in the home. Skilled care is coordinated by a registered nurse under the direction of the patient's primary care physician.

But there are other times when help is needed. As health and strength declines, aging adults often need help with their activities of daily life. Seasons of Care's home health aides assist with bathing, dressing, grooming, meal preparation, light housekeeping, laundry, medication reminders, and errands.

Assistance is available from two to 24 hours a day. The experienced aides are carefully screened and insured with background checks. They live in the community and provide the assistance people need to live safely and independently in their homes.

*Everyone has a unique need, call Tricia Schaum at 440-274-4000 to discuss your particular situation. Seasons of Care is located at 16500 Sprague Road, Middleburg Heights.*