

How to Thrive at Home with Thriving at Home with Chad COTA and Erin SLP

Owners of Thriving at Home Senior Care discuss non-medical home care services for seniors, including assessments, caregiver assistance, and creating a thriving environment for those with dementia. Tune in for more on the Jerry Have Show.

Dr. Mike Chua
Misunderstanding Dementia

Generated Shownotes

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Long Summary

In this episode, we have the pleasure of speaking with Chad and Erin, the owners of Thriving at Home Senior Care. They are passionate about providing non-medical home care services to individuals before they reach the point of Alzheimer's or dementia. Their main goal is to allow individuals to stay in their own homes for as long as possible, while also providing support to both the patients and their families.

Chad discusses the home assessment services they offer, where they assess the environment and make recommendations to ensure safety and practicality for the individuals. They also send caregivers to provide assistance with bathing, grooming, meal preparation, medication reminders, and engage the individuals in activities they enjoy.

Erin, on the other hand, shares her passion for helping the elderly, specifically those living with dementia. She believes in creating a thriving environment for these

individuals and their families. They understand the importance of companionship and assistance during challenging times at home.

Towards the end of the conversation, virtual reality services are mentioned. These services are offered to help individuals with Alzheimer's and dementia thrive. Dr. Mike Chua encourages the audience to check out their virtual reality offerings.

To connect with Thriving at Home Senior Care, you can visit their website, call their phone number, or find them on various social media platforms. They emphasize the need for reaching out and accepting help during challenging times, as well as the importance of relying on support systems. They conclude the episode by encouraging the audience to find people who bring out the best in them, take action by reaching out to caregivers, share and subscribe to support their services, and teach others to deepen their understanding.

Thank you for tuning in to this episode of the Jerry Have Show. Stay tuned for the next episode where we will explore more exciting topics.

Brief Summary

In this episode, we speak with Chad and Erin, owners of Thriving at Home Senior Care. They offer non-medical home care services to help individuals stay in their own homes for as long as possible. Chad discusses assessments and caregiver assistance, while Erin emphasizes creating a thriving environment for those with dementia. Virtual reality services are also mentioned. Connect with Thriving at Home Senior Care through their website and social media platforms. Tune in for the next episode of the Jerry Have Show for more exciting topics.

Tags

episode, Chad, Erin, owners, Thriving at Home Senior Care, non-medical home care,

individuals, own homes, assessments, caregiver assistance, thriving environment, dementia, virtual reality services, website, social media platforms, Jerry Have Show, exciting topics

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Transcript

Introduction to Alzheimer's Conference in Jacksonville

[0:00] Hello everyone, this is Dr. Maichio, a physical therapist. Hey, we are here with the Alzheimer's Conference here in Jacksonville. We're going to be talking about how to thrive at home with Chad and Erin. We'll be back in a few seconds, okay?

Introducing Chad and Erin, owners of Thriving at Home

[0:14] Your actual husband and wives, they actually own or co-owner of the Thriving at Home Senior Care and actually they're both therapists too. This is a certified OT assistant and she's a speech therapist. But before I keep on going, I could keep on going. Could you please tell us who you you are again, what do you do and what is thriving at home, man?

Yeah, so my name is Chad DeLancey. I'm a co-owner at Thriving at Home. We have offices in Crest, Tennessee, Union City, and Jackson, Tennessee, and then also Murray, Kentucky. And we got into the therapy world 10, 12 years ago, worked in long-term care.

You're like, what, 12 years old then now?

I'm actually 43. So we got into therapy and worked with a lot of Alzheimer's and dementia cases and, we always wanted to try to reach people before they got to that point to see if we could impact them. So we came up with non-medical home care and kind of, bounced over to that about a year ago and really started trying to impact the lives of people, to better serve them. There you go. Give them a longer life. There you

go. How about Erin?

Passion for helping the elderly and supporting family members

[1:32] What brought you to thriving at home, aside from you being married to this hunk of a man here?

[1:38] No, I think that I personally have a passion for helping the elderly, specifically those living with dementia. So, we actually, we met in a long-term care facility and made a good team.

Yeah. So, we just, it just is something that is going to be, we're going to be seeing more and more of it. And the long-term care facilities are a wonderful place when you get to that point, but we want to be able to let home for as long as possible in their own environments, and help provide support for the family members as well. That's good. That's good. So let me go back to, you know, the original, whatever we're talking about, uh, chat, uh, OTS, uh, CODA, and she's a speech therapist and now they own the thriving at home senior care where, and they go to the homes and provide caregiving services. And, uh, aside from their medical expertise that qualifies them, right? And they send actual caregivers, they do home assessment and stuff like that.

Special home assessments and collaboration with home health services

[2:43] Chad, you already mentioned the areas that you serve. What is the special home assessment that you guys do? Like home assessment, you know, speech, whatever, or OT, how does that work?

Well, yeah, that's a great question. So essentially, we don't follow any specific type of.

[3:02] Platform, you know, like.

The bird balance test or anything like that. But we go in and just kind of assess the environment, make recommendations, you know, if rugs may be a tripping hazard or it may be a good idea to put a handrail here. And we also refer to, of course, home health as well to come in and make those recommendations as well. Well, physical therapy. Physical therapy. But to kind of collaborate together and to come up with some ways that the environment safer for them.

And, and, um, and it's also, you know, practical for them as well.

And of course, it's not just one time, you know, this is a continuous process, just like cleaning or bathing. You can take a bath now, you're going to be dirty again tomorrow, right?

It's, you know, it's like brushing teeth and same thing with safety at home.

That's where the sitter, uh, I don't know, is that what you call it?

Still sitter or caregiving? Caregivers, they have to be there at least every single day to monitor and assess and this is where they come in to, to supervise them. So speaking of that, so you, you give a, you send those caregivers at home.

Caregivers provide assistance, engagement, and virtual reality experiences

[4:10] What else do they do at home? Just sit down there or no. So that's a great question.

I like the correct people when I hear that too. I don't like sitters because sitter implies that they're sitting.

So our caregivers actually come in, assist them with bathing, dressing, grooming and hygiene.

[4:30] Meal preparation, medication reminders. We want to engage them in activities they enjoy.

So if they enjoy playing cards or if they enjoy being read to or taking a stroll around, around the neighborhood, we like to engage them in those activities as well.

Did they tell you we got virtual reality to help them thrive? Oh, that's great. Yeah, we got virtual.

Speaking of that, I'm going to plug in, you know, if you need virtual reality for your patients, check us out too. We have that. Yeah, check that out. We take them wherever they want to go. So I grew up in the Philippines. Yeah. And I'm like, okay, I mean, this is the, I grew up in this space, you know, in that area. And you know, wherever they want to go, hot air balloon, Spain, Paris, a bull, whatever that red riding. So, okay, go ahead. That's super cool. Yeah.

You gotta you gotta you gotta try it. Yeah. Yeah, go to our club. Yeah All right. So yeah, just engaging them in their environment and trying to help just promote a thriving environment, That's the reason why thriving at home, that's right. That's right All right any last part and wisdom for our audience who are watching?

Final words of wisdom for those with Alzheimer's and dementia

[5:37] We're we're gonna stream we're streaming this in the Alzheimer's group to we got like 30 50,000 people there, I know it's not all here in Jackson or in the Paris, but the last part that you can impart, you know, for our people who have Alzheimer's and dementia.

The Importance of Support Systems and

Accepting Help

[5:55] How much time do you have? Now, I think as far as remaining at home, I know it can take a toll on family members. You kind of take it on as your own and it impacts every area of your life.

So, I think it's very important to reach out and to contact people who can help you and support you and to accept the help because it's just like we just heard in the conference. You can't do it alone. You've got to use your support systems through. So, yeah, so choosing somebody you can come in and be a companion help in whatever areas you need help with.

Contact Information for Thriving Senior Care

[6:36] Help with. So true. Well, thank you very much. Where can they reach you? Where can they find you? Website, telephone number, Social Security number. Blood type. Yeah. Maidens, mothers, maidens name. Just kidding. Okay. Yeah. You can reach us out on the internet, <https://www.thrivingseniorcare.com>.

You can call us on the phone. 731-407-9051. We're on Facebook. We're on Instagram. So, feel free to reach out anytime.

Remembering the Word FAST: Find, Take Action, Share, Teach

[7:09] All right, cool. Well, thank you very much, Chad and Erin. Before I let you go, always remember the word FAST. F-A-S-T, letter F. Find people that will bring out the best in you because you are the average of the five people in Outwith.

Out with. So make sure when you are finding or looking for a caregiving.

[7:23] People who will take care of your loved one, reach out to them, find them. Okay. Next letter is letter eight. Take action. All this stuff that we're doing, it's not going to do me good, it's not even going to do this good. Aaron and Chad, if you don't take action, take action by going to their website, [thrivingseniorcare.com](https://www.thrivingseniorcare.com). Take action by calling them. It's very important.

You just call, talk to them. All right. It's not going to cost them, right? Right. See, No, right and take action. Okay, next let us share subscribe the more shares the better for their website or their Facebook page. I know, It's cheesy, but the more shares the better and of course it may not be applicable to you But it could be applicable to someone else like a family member that actually needs that help and last but not least is larities Teach it why because when you hear it you forget when you see it, you remember but when you're actually teaching it That's what they're doing, you know, we're not therapy, Because we're therapists therapists are meant to teach we're

teaching people. We're gonna teach you how to be safe at home That's Chad's job and Aaron's job too because the more you teach it the more you understand it again Thank you very much. Be awesome. Be great the excellent and we'll see you in the next episode of the Jerry have show.