

## Our Blog

Monday, July 30, 2012

### Live Free Home Health Care Owner Obtains Certification as Dementia Practitioner

Live Free Home Health Care's Owner and Clinical Director Jennifer Harvey, RN BSN, recognized the increase of Alzheimer's disease and dementia in older adults and recently obtained her certification as a Dementia Practitioner from the National Council of Certified Dementia Practitioners. The NCCDP organization ensures the highest standards in Alzheimer's and dementia education through their certification process and demonstrates the achievement of specialized training in the areas of Alzheimer's and dementia care. Jennifer utilizes her new credential to train LFHHC's team of caregivers in best practices for dementia clients in order to provide confident, knowledgeable, and quality care.

#### Who Is Affected?

The Alzheimer's Association reports one in eight older Americans has Alzheimer's disease and 80% of the long-term care population has some form of a dementia diagnosis, a population that is only increasing over time. The cause or causes of the disease is not known and many factors may play into its development. There is currently no treatment to slow or stop Alzheimer's disease. In 2011, 15.2 million families and unpaid caregivers of people with Alzheimer's disease and other dementias provided an estimated 17.4 billion hours of unpaid care. 61% of family caregivers of people with Alzheimer's and other dementias rated the emotional stress of caregiving as high or very high. In addition, about 33% of family caregivers of people with Alzheimer's and other dementias reported symptoms of depression.

#### Getting Assistance

Jen's advice for families with a loved one suffering from Alzheimer's or other dementia is to educate yourself, join a support group, and above all, don't be afraid to ask for assistance in caring for your loved one. "Every person with dementia is different," says Jen, also stressing, "Families do not have to go through this alone; there are many resources available and asking for help is not an admission of failure."

Jennifer personally visits all of LFHHC's new clients in an in-home initial assessment. This kind of individualized client attention is rarely available at most home care agencies in the area. When a family or individual begins services with LFHHC and needs assistance determining exactly the best plan of care for their loved one, Jen is available in-person, along with all her knowledge and credentials. If you or a loved one has been diagnosed with Alzheimer's or another form of dementia and needs assistance, Live Free Home Health Care can help to provide in-home caregiving services. Call to schedule a free in-home initial assessment at 603-217-0149 or visit [www.livefreehomehealthcare.com](http://www.livefreehomehealthcare.com) for more information.

Tags: dementia

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[Live Free Home Health Care Owner Obtains Certification as Dementia Practitioner](#)



### The Live Free Blog



Live Free Home Health Care provides home health care in the Lakes Region and Central New Hampshire. Our goal is to provide the services needed to enable you or your loved one to remain in their own home safely and independently and avoid nursing home facilities. Call us today at 603-217-0149 for more information or to schedule a free in-home assessment.

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Monday, July 23, 2012

## Paquette named Nursing Assistant of the Year by the Home Care Association of New Hampshire

Live Free Home Health Care LNA Honored

NEW HAMPTON - Recognizing her compassion and commitment to improving the quality of life for the individuals she cares for each day, Stacy Paquette, of Live Free Home Health Care in New Hampton was named Home Care Nursing Assistant of the Year by the Home Care Association of New Hampshire.

After more than 25 years in the nursing profession, Paquettes' contributions, along with dozens of others were recognized in a ceremony on the State House lawn on June 7, 2012.

"Stacy's loyalty to our agency and her clients knows no bounds" said Jennifer Harvey RN BSN, Clinical Director at Live Free Home health Care. "Stacy will do anything we ask, provide care to any client, and stay as long as she is needed. She does this all with a smile on her face, a positive attitude and never fails to radiate that to the clients. Every client has always been happy to see Stacy," she concluded.

Paquette spoke of her surprise at being named Nursing Assistant of the Year. "I was nominated for the award in 2001 while I was working at a nursing home," she related. "I wasn't selected as a finalist at that time, so this is a great honor and thrill for me and my family."

"I have seen the nursing business from both sides of the coin," she relates. "I see all the things people leave behind when they leave their homes. Their lives change dramatically. They suddenly have to deal with a roommate in many cases, and most of the things that have been important in their lives, like their privacy, are left behind. It's very sad." she concluded.

According to Paquette, when a person is allowed to recuperate in their own homes, they are surrounded by all their possessions and their daily schedules remain essentially the same. "If you were used to your morning shower at 9AM, that's when you have it. In a nursing home, you are given a date and time to shower...your freedom of choice is gone." said Paquette.

Paquette spoke of an Alzheimer's client that she is working with currently. "I keep my client as active as possible. We go swimming, play tennis, go shopping, bike riding, whatever it takes," she said. "The other day we even hung up new curtains. I grabbed a screw driver and up they went." she chuckled.

Working with a client in their home is time well spent, according to Paquette. "In any other situation, we don't have the extra time to make them feel good. I'll even do their hair if that is what they would like."

"I look to Stacy as an example setter for all new staff." said Clinical Director Harvey. "I entrusted her as our lead LNA over three years ago. Countless times, Stacy has gone with new employees to train them in home care, proper body mechanics and tips to make their day more smoothly. Her LNA knowledge and experience are invaluable to our agency. We would not be where we are today without her." she concluded.

Paquette is already looking to the future. "When my youngest son has finished his education, I plan to continue mine and work toward my RN degree."

Paquette resides in New Hampton with her husband and son.

### About LIVE FREE HOME HEALTH CARE

Serving the Lakes Region and Central New Hampshire, Live Free Home Health Care, LLC is dedicated to providing top quality care in the comfort of home, wherever home may be. Family owned and operated, Live Free Home Health Care offers a wide range of services, from companion care and assistance with activities of daily living to skilled nursing. All care is supervised and updated by a registered nurse, who is specially trained to watch for new or changing health issues. Whether the need is for short or long term care, Live Free Home Health Care works with each client's physician to provide a continuum of care unparalleled with other agencies, and the compassionate staff promises to treat each

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client respectfully and like a cherished family member. Live Free Home Health Care also offers medical alert systems to provide extra peace of mind should an emergency care need arise.

For further information, contact (603) 217-0149 or visit [www.LiveFreeHomeHealthCare.com](http://www.LiveFreeHomeHealthCare.com)

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Paquette named Nursing Assistant of the Year by the Home Care Association of New Hampshire



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Tuesday, July 17, 2012

## Scarlet O’Harra named Caregiver of the Quarter!

O’Harra named Caregiver of the Quarter at Live Free Home Health Care.

NEW HAMPTON - "I find Live Free Home Health Care's success is because all of the employees from the office to the in home caregivers take extreme pride in giving the best care possible to their clients. That to me will always make LFHHC stand out above the rest and will continue to be the source of future successes." So said Scarlett O’Harra on being selected as Caregiver of the Quarter.

An employee of LFHHC since November of 2011, Scarlett is very involved with her clients and enjoys her position. "In my life I have worked in an office and have owned my own small business, but by far the most rewarding has been as a Personal Care Provider at LFHHC." she related. "Every time I leave a clients home, I truly feel a sense of complete satisfaction knowing I have added to the quality of life that my client’s deserve and the peace of mind their families deserve."

Jennifer Harvey RN BSN Clinical Director at LFHHC had high praise for O’Harra.

"Scarlett is a fabulous addition to our team of caregivers. She brings a sense of confidence to her clients and their families that is hard to better."

"I believe we give the best care because it isn't a job, it is the way we enhance our lives by being able to enhance the lives of our clients." Scarlett concluded.

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Scarlet O’Harra named Caregiver of the Quarter!



Call us at **603-217-0149** for more information or to schedule a free in-home assessment.

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