



*During this time in our lives,
Visiting Angels caregivers are on the front lines
caring for seniors every day
while following the CDC guidelines daily.*

Watch: [During these times, we're here for you!](#)

520-579-0099

Proudly serving the greater Tucson area including
Marana • Avra Valley • Oro Valley
Saddlebrooke • Catalina Foothills
Green Valley • Sahuarita • Vail • Sierra Vista

<https://www.visitingangels.com/tucson>



Senior Care in Oro Valley, AZ



When a parent can no longer handle daily tasks without assistance, their adult children often fear the next step is a nursing home or assisted living facility. However, most seniors want to continue living in the comfort and familiarity of their own homes. Thankfully for seniors in Oro Valley, there is another option available — senior care from Visiting Angels® Tucson.

We offer a variety of essential in-home services and tailor them to every client's specific and unique needs. Our personalized care plans allow us to provide individualized care that fits your loved one's needs and schedule, as well as their budget.

Our services start with a free Assessment conducted by one of our Case Managers. They will create your loved one's personalized care plan and care schedule as they get to know your loved one, from their needs and routines, to their hobbies and personal preferences. This is a great time for you to ask questions, address concerns, and discuss the logistics of our home care services. After they introduce a compatible caregiver from our caregiving team, our Case Managers provide added support for our seniors as they oversee their care.

We take great care in selecting our caregivers. Our thorough caregiver screening and hiring process includes reference checks, drug screens, criminal background investigation, and our orientation program. We also require continuing education and on-line training throughout their employment with us. They are supervised by our management team to ensure our seniors are receiving exceptional care.

More About Our Senior Care in Oro Valley

Senior care from Visiting Angels Tucson brings compassionate, trusted caregivers into your loved one's home so that they can continue with their comforting routines and schedule. We're here for you 24 hours a day, seven days a week, including holidays, overnight, and weekends. Just a few of the services that can be included in your loved one's senior care plan in Oro Valley include:

- Doing laundry and keeping the home clutter-free
- Fall prevention, wandering prevention, and monitoring
- Preparing nutritious home-cooked meals
- Reminders to take medications on time and stay hydrated
- Case Management
- Specialized Alzheimer's and dementia care
- Medication Management by our Registered Nurse
- Specialized Alzheimer's and dementia care
- Respectful companionship
- Respite care for family caregivers
- Help using new technology to communicate with family and friends

Visiting Angels Tucson Serves Seniors Throughout Oro Valley and the Greater Tucson Area

At Visiting Angels Tucson, we're committed to helping seniors experience a higher quality of life at home through our customized senior care services. In addition to Oro Valley, we're proud to offer our services in the greater Tucson area including the communities of Avra Valley, Marana, Saddlebrooke, Catalina Foothills, Sahuarita, Vail, Green Valley, and Sierra Vista.

To learn more about senior care in Oro Valley and the surrounding areas, contact Visiting Angels Tucson today to schedule a free and comprehensive Assessment.

Taking Care of our Emotional Health



The outbreak of the coronavirus is stressful for many people. Fear and anxiety about an unknown disease and its widespread effects on our lives and the world, can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, your loved ones, and your community stronger.

Everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background, your ability to cope in difficult situations, and your community.

7564 N. La Cholla Blvd.
Tucson, AZ 85741
520-579-0099

Below are some tips to support you and your senior's emotional health:

- **Take breaks from watching, reading, or listening to news stories, including social media.** Constantly hearing about the pandemic repeatedly can upset you and those around you.
- **Take care of your body.** Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- **Make time to unwind.** Try to do some other enjoyable activities you enjoy like taking a walk around the neighborhood or reading a book outside.
- **Connect with others.** Call and talk with people you trust about your concerns and feelings. Sharing your emotions can help relieve stress. Use technology such as FaceTime or Skype to stay in touch with family and friends.

Now is the time to draw on skills used in the past to manage previous life's adversities. Use those skills to help manage your emotions during the challenging time of this outbreak. Our elderly population have probably lived through difficult times and may want to share what that was like and how they got through it.

If you, or someone you care about, are feeling overwhelmed with emotions of sadness, depression, or anxiety, and stress gets in the way of attending to daily activities for several days in a row, call your healthcare provider.