Rita's Care at Home LLC



STAY INDEPENDENT WITH A HELPING HAND FROM US

April 2026 Newsletter • www.RitasCareAtHome.com
2021 Richard Jones Rd., Suite 110, Nashville, TN 37215 • (615) 298-3826
'Like' us on Facebook- Rita's Care at Home LLC



This column answers frequently asked questions about our services.

My mom lives alone and I feel she needs help to safely stay in her home. But when I try to talk about getting her help she says she's fine.



This is not an easy subject – I went through this with my mom. It's important to be patient and to give your mom time to adjust to the idea of someone coming into her home. It's not easy to have a stranger come in to help.

To start, ask your mom's doctor to explain how help at home can help her stay safe. Then, consider scheduling a home visit with a care agency like Rita's. We can go over our services and answer questions. This is free and you are never obligated.

You can also bring up the pluses of having an in-home caregiver. Here are just a few examples:

- A caregiver can take your mom out to restaurants, concerts, the library and senior citizen centers.
- A caregiver can play cards and games with your mom in her home.
- A caregiver can prepare healthy meals your mom likes to eat and help her entertain family or friends.

Explain to your mom that a caregiver can be a friend there to assist, but not to "take over." Start with just a few hours a day to help her adjust. Emphasize that help coming in can help her stay at home instead of going to a facility.

At Rita's, we'll only provide services your mom is comfortable with and, if she doesn't "click" with a caregiver, we are glad to send someone else. If she's concerned about cost, explain that just a few hours every day is more affordable and less costly than full-time care, or going to a facility.

Most importantly, listen to your mom's concerns. It's not always easy for us to realize our limitations and allow help.

April 9 at 4 p.m.

Everything You Ever Wanted to Know about Elder Law

We have a fabulous free event coming up on April 9 at 4 p.m. at Belmont Village Senior Living Green Hills.

Joshua Hunter, an Elder Law attorney with Johnson McGinnis Elder Care Law, will speak on Planning for Your Golden Years.

Josh will talk about the important legal aspects of aging, including some of the myths and facts that we often hear and how to best be prepared. It's important to start planning now.

Put this free event on your calendar and join us at Belmont Village. The address is 4206 Stammer Place, Nashville, TN 37215.

To RSVP, contact Cristi Rucker at (615) 306-7493 or email her at crucker@belmontvillage.com.

Belmont Village Senior Living
Rita's Care at Home LLC
Johnson McGinnis
Elder Care Law & Estate Planning