



For Immediate Release

June 1, 2021

Date

Providing home health care is a win-win

Sherborn, MA: For many of us, it is in our nature to take care of others. Altruism, or the concern over the wellbeing of others, can be seen each day in donation centers, volunteer groups, military service, medical research participation, and more. Although our altruistic nature expects no payment or reward, many studies have shown that our acts of giving activate the “feel good” parts of our brain.

Home health aides are those who provide essential services to elderly clients or patients with chronic disabilities or other health issues. It is a career that helps those who need it most doing daily chores that most of us take for granted. For example, the simple act of putting in a load of laundry, putting on socks, or walking to the mailbox can be a huge challenge. Home health aides are super heroes helping others achieve greater independence and quality of life.

There are great opportunities for those looking to switch careers, who wish to find work that is fulfilling, or perhaps have children who are getting older and looking to re-enter the work force part-time. While some job postings are looking for specific qualifications, others are open to job training. The most important qualification are patience, a desire to work with older adults and those with disabilities, and ability to work independently.

If you, or someone you know, is interested in learning more about becoming a home health aide, please email the Sherborn Council on Aging at coaoutreach@sherbornma.org .

For more information, press only:

Melinda Morlé, Elder Advocate at Sherborn Council on Aging (508) 651-7858