

A Holiday Check-In: Keeping Loved Ones Safe at Home



By Esther Conteh, APRN, MSN, PCC, VP Care Management, VNS Health Health Plans, Oct 28, 2025

Holidays bring family and friends together—offering joy, connection, and a chance to check in on the health and safety of older loved ones. Whether you're a long-distance family caregiver or nearby, it's important to take a moment to see how your loved one—and you—are doing.

Are you noticing signs of forgetfulness, unopened mail, missed medications, or spoiled food in the fridge? Is the home becoming less tidy, or is your loved one having difficulty with cooking, medical appointments, or bathing? Are they moving slowly or asking you to repeat what you said? If so, it might be time to consider additional support to make daily activities safer and easier.

New Yorkers eligible for Medicare and/or Medicaid have several health plan options designed to help individuals with chronic illnesses or disabilities continue living safely at home by coordinating services like nursing care, home health aides, physical therapy, and adult day care.

VNS Health, one of New York's most trusted and experienced home and community-based health care nonprofits, offers health plans with these needs in mind. Whether you have just Medicare, both Medicare and Medicaid, or need extra assistance to live safely at home, our care management teams are here to help. As the holidays approach, consider a healthy aging check-in. Aging independently at home and in our community is what most of us want—and VNS helps make that a reality.

Learn more about Health Plans from VNS Health at www.vnshealthplans.org, or call 1-855-735-2273. Watch a television show that addresses this topic on Wednesday, November 19, at 8 pm or Saturday, November 22, at noon on WBBZ-me-TV, Channels 5 or 67.

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