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# Sharing Knowledge, Empowering Caregivers: Introducing *Home Care Insights*

BY LAURIE EDWARDS-TATE, M.S.

As someone who has spent over 40 years in the non-medical home care industry, I've witnessed firsthand the profound impact that quality caregiving has on the lives of seniors, veterans, individuals with disabilities, and their families. As the President and CEO of At Your Home Familycare, I've had the privilege of helping countless people live their lives with dignity and independence in the comfort of their own homes. Throughout my journey, I've also seen how vital it is for families and caregivers to have the knowledge, resources, and support they need to provide the best care possible.

This series of blogs is my way of giving back to the community that has trusted us with their care for so many years. My goal is to share the insights, lessons, and best practices that I've learned over the course of my career, to support those who are entrusted with the responsibility of caring for our loved ones — seniors, veterans, and individuals with disabilities. We all know that caregiving is a rewarding yet challenging role, and it's essential that we have the right tools and understanding to navigate it successfully.

## Why Share This Knowledge?

One of the most important things I've learned in my time in the non-medical home care field is that we cannot afford to keep our knowledge to ourselves. Those of us who have been in this industry for decades have a responsibility to share what we know. Knowledge is power — it empowers caregivers, families, and even entire communities to provide better care and to make informed decisions that impact the lives of those in need.

By writing these blogs, I want to offer practical advice and guidance that will help people who may be struggling with the challenges of caregiving. Whether it's advice on aging in place, supporting family caregivers, or understanding the needs of seniors and individuals with disabilities, my goal is to ensure that everyone has access to the tools that will help them succeed. This knowledge isn't just about improving the day-to-day care of a loved one; it's about helping people live independent lives with dignity — something that's possible with the right support in place.

## Empowering the Caregiver

At At Your Home Familycare, we've always believed that caring for the caregiver is just as important as caring for the person who needs support. Often, family caregivers go unnoticed and unappreciated, despite the enormous sacrifices they make. That's why it's essential to empower caregivers with the tools they need to not only provide excellent care, but also take care of themselves.

In these blogs, I will share insights on how caregivers can avoid burnout, set boundaries, and make time for self-care. Caregivers give so much of themselves, and it's easy to forget that they need care too. By providing them with helpful resources and advice, I hope to ease some of the burdens they carry and encourage them to seek support when needed.

## *Sharing Knowledge, Empowering Caregivers: A Message from Laurie Edwards-Tate, cont.*

### **Aging in Place: The Goal for Independence**

Perhaps the most important lesson I've learned over the years is the power of aging in place. As people age, the desire to remain in their homes and communities is often a top priority. This is not just a preference; it's a fundamental aspect of maintaining independence and preserving quality of life. At At Your Home Familycare, our mission is to help people remain in their homes for as long as possible — safely, comfortably, and with dignity.

The ability to stay in one's own home is a critical part of a person's emotional, mental, and physical well-being. It allows them to stay connected to their community, maintain familiar routines, and enjoy the comfort of their own space. But aging in place can be challenging, especially when assistance is needed for activities of daily living. That's where professional home care comes in. Our goal is to ensure that seniors and individuals with disabilities can live independently for as long as possible, with the support they need to thrive.

### **What's Ahead**

This series of blogs will cover a variety of topics, all centered around one key mission: to help people live independent lives with dignity. We'll explore the importance of aging in place, provide advice on supporting family caregivers, and discuss the ways in which professional home care can improve the quality of life for seniors and their families.

By sharing what I've learned over the last 40 years, I hope to continue making a positive impact on the lives of seniors, caregivers, and families across San Diego County and beyond. We have the knowledge, the experience, and the resources to make a difference, and I look forward to sharing these insights with you in the coming months.

### **Conclusion**

Whether you are a family caregiver, a senior seeking to remain in your home, or someone involved in the caregiving industry, I hope these blogs will provide you with valuable information and inspiration. At At Your Home Familycare, we are committed to helping people live independently, with dignity, and surrounded by the love and support they deserve. Stay tuned for more blogs in this series as we continue this important conversation and work together to improve the lives of those who need our care the most.

If you ever have any questions or would like to learn more about our services, please don't hesitate to reach out. I look forward to being a resource for you and your family.

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### **About the Author**

Laurie Edwards-Tate, M.S., ignited the spark of At Your Home Familycare at her kitchen table in 1984, armed with a bold vision, unwavering passion, and a heart dedicated to making a difference. Fast forward to today and her brainchild has evolved into the Gold Standard for licensed non-medical home care.

As the pioneering President and CEO, Laurie is not just a leader – she's a force for change, an industry luminary, and a sought-after voice. With roots in San Diego, Laurie, a healthcare professional and Life Credentialed community college teacher, champions quality outcomes and groundbreaking workforce training.

Her legacy as a trailblazer extends beyond accolades — she's a pioneer in establishing standards of practice and crafting innovative training protocols for non-medical home-care workers. Recognized consistently among San Diego County's best CEOs, Laurie's journey is fueled by resilience — she's not only the proud daughter of a disabled veteran but also a dedicated community leader.



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