

Ready Hands Founder Speaks to Arlington Support Group

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EINPresswire.com/ -- Founder of in-home care provider solutions company offers insight to local support group on discovering some of the pitfalls and positives of making homecare arrangements for loved ones.



Dr. Granger Benson, an internal medicine specialist and founder of [Ready Hands Home Care](#), recently gave a presentation to the Arlington Employee Assistance Program (EAP) Caregiver's Support Group. The talk, entitled "Understanding Home Care: Things to Know When a Loved One Needs Help," was designed for people who are family members of senior citizens and those who are functionally impaired.

The Arlington EAP offers a monthly event for caregivers of impaired family members to help them stay healthy longer by reducing stress, and by providing insight and support.

"[Making home care arrangements](#) for a loved one is fraught with pitfalls and risks," said Benson, president of Ready Hands Home Care. "It gives me great satisfaction to share with families some of the lessons I have learned about how to maximize the chances for safe and successful in-home assistance."

Each month, a different healthcare professional is invited to speak to the Arlington EAP support group about some of the situations and decisions they may be facing.

Benson has served as a speaker to numerous community groups and support groups, providing insight based on his background as a doctor of general internal medicine and as the former medical director of a 130-physician group practice in Florida.

About Ready Hands Home Care, Inc.: Ready Hands Home Care (<http://www.readyhands.com>) provides [caregivers for seniors](#) and others who live at home and need assistance due to physical or mental limitations. The company was founded in 2002 by Granger Benson, MD, a board-certified doctor of internal medicine. Ready Hands Home Care has offices in Manassas and Alexandria, Virginia. It serves clients throughout Northern Virginia, including the counties of Arlington, Fairfax and Prince William and the surrounding areas. Ready Hands Home Care provides hourly and live-in nurse's aides for seniors and the functionally impaired, offering peace

of mind and an in-home solution by providing personal home care and household assistance.

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