

# Senior Helpers' Glen Scharfeld Addresses the Emotional Challenges of Transitioning to In-Home Care in New Blog Post

**Orlando, Florida Jan 13, 2026** ([IssueWire.com](http://IssueWire.com)) - Glen Scharfeld, co-founder of Senior Helpers, has released a new blog post titled "Navigating the Emotional Landscape of Transitioning to In-Home Care," which offers a deep dive into the emotional challenges faced by seniors and their families during the transition to in-home care. Drawing from over two decades of experience in the senior care industry, Scharfeld provides insights and practical advice aimed at easing the process for both seniors and their loved ones.

In his comprehensive blog post, Scharfeld discusses the importance of acknowledging the need for care, the critical role of open communication, and the thoughtful selection of caregivers. He emphasizes how these elements can help mitigate the feelings of intrusion and loss of independence that many seniors experience.

"The decision to introduce in-home care can be fraught with anxiety for families," explains Scharfeld. "My goal with this blog post is to help families understand that these feelings are normal and to provide them with strategies to manage and overcome them effectively."

Scharfeld also highlights the benefits of gradual care introduction and maintaining senior independence, crucial steps for a smooth transition. He addresses the common issue of resistance to care and the invaluable role of family support during this period.

This blog post is part of Senior Helpers' commitment to supporting families through the complexities of aging and caregiving. It is an essential resource for anyone considering in-home care for a loved one, offering guidance to ensure that the transition enhances the quality of life and dignity for seniors.

## About Senior Helpers:

Senior Helpers is a leading provider of specialized in-home care for seniors, designed to foster independence and improve quality of life. Founded by healthcare professionals Glen and Michelle Scharfeld, Senior Helpers serves the Nature Coast and Sun Coast areas with a mission to offer compassionate and supportive care to seniors and their families.

## Media Contact

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