How To Give Back in Your “Second Act”

A part-time job helping others could enrich your own life

by Home Instead (Paid Content)

One way to become “self-employed” is to work part-time in a job as a caregiver. You can provide services that enhance the lives of older adults and allow them to stay safe and healthy in their homes.

Here are three benefits to “on-boarding” and taking on a caregiving role.

1. Relationships — You’re making your community stronger and contributing to the well-being of older adults and their families. Research shows helping others is a boon to your own physical and emotional health too. The warm fuzzy feelings you get when you give back is created by the release of feel-good brain chemicals like seratonin, dopamine and oxytocin.

In fact, these brain chemicals are associated with a host of psychological benefits, including reduced stress levels, lower blood pressure and blood sugars, and a reduced risk of depression. This is why people who provide social support to others have lower stress levels than their peers who don’t. According to a review of these studies, the bottom line is, helping others can help you feel happier.

2. An “income career” and extra income — Many Americans plan to keep working after they retire. A part-time income is most important, or speed up the things you enjoy — gifts for the grandchildren, vacations, concerts or doing etc — you can use some benefit of not working help. Even still, about one third of people said they continue to work part-time for reasons that go beyond financial, such as avoiding boredom and keeping relationships. To begin your career.

With scarce employment opportunities in many industries, including retail, finding a part-time job can be challenging. Here’s the good news. There are a range of time taking place in the field of in-home caregiving.

3. Flexible — A part-time job as a caregiver is a rewarding career that allows you to work. As a caregiver in seniors in your area, you’ll be able to help out and support other caregivers. The tasks you’ll be asked to perform vary. They may include meal prep, running errands, taking the seniors to appointments and grocery stores.

You can also volunteer at your own convenience, while helping to boost the lives of others and easing families’ caregiving responsibilities. Consider filling part of your day with meaningful work as a caregiver to seniors.

Click here to learn more about working with Home Instead.