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A Little Help from a Friend Makes Life Easier

What Is In-Home Care?

- Know the difference between “Home Health” and “Home Care”
- Home Health Care:
 - Prescribed by a doctor and covered by Medicare
 - Medical professionals such as nurses and therapists come to your home. Service is intended to be for a limited time.
- Non-Medical In-Home Care:
 - Private pay resource hired by families for brief or ongoing support.
 - Trained caregivers provide companionship, household help, personal care, transportation, medication assistance, and more
 - This category of service only about 20 years old

Why Home Care?

- 86% of seniors want to continue living at home as long as possible
- Studies by AARP, MetLife, and Home Instead Senior Care
- Encouragement, stimulation, assistance
- Respite and peace of mind for family members

Signs That More Help is Needed

- Household bills piling up
- Reluctance to leave the house
- Losing interest in meals
- Declining personal hygiene
- Declining driving skills
- Signs of depressions
- Missed appointments and social engagements
- Unkempt house
- Losing track of medications

2 Ways To Get In-Home Care

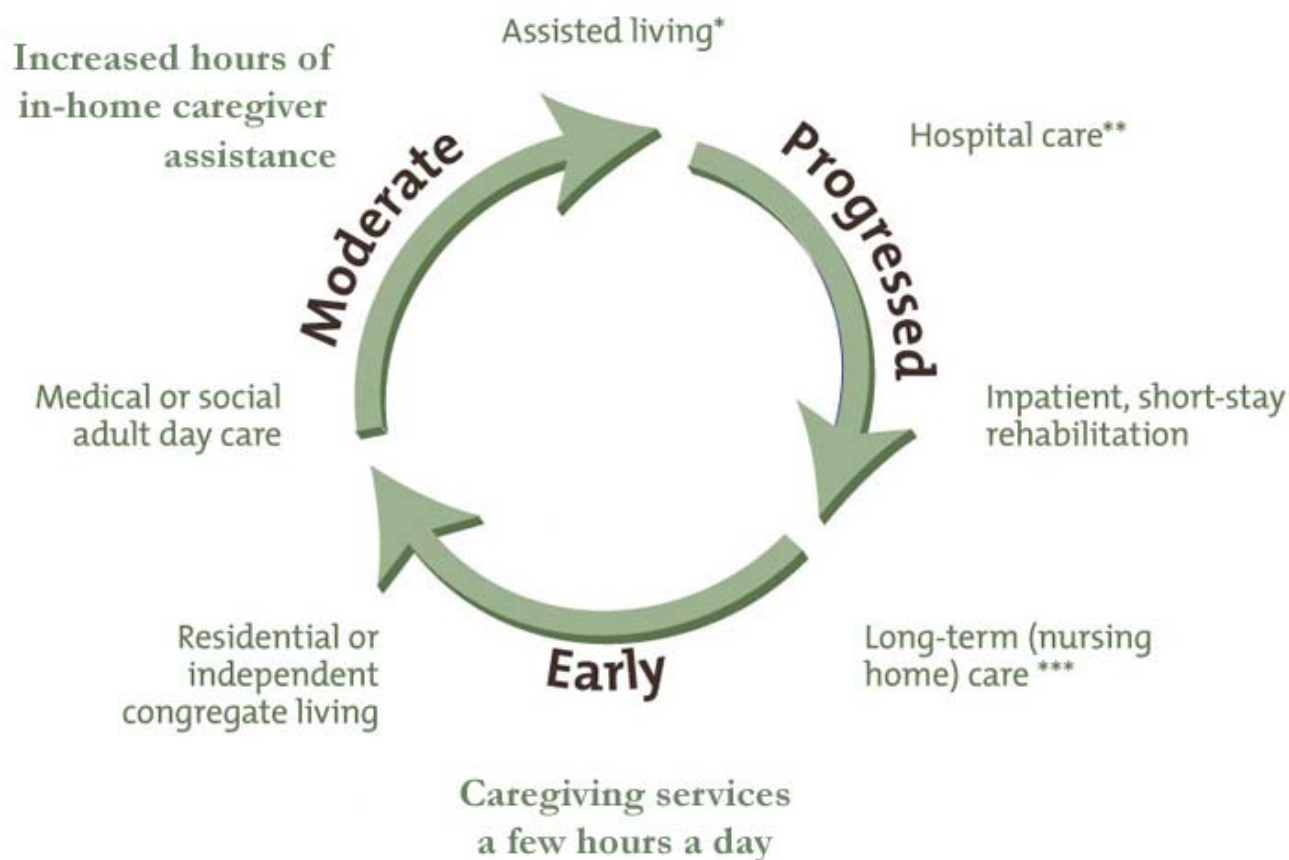
- **In-Home Care Agencies**

- About \$20 / hour
- Licensed, bonded, insured
- Agency screens, employs, and supervises caregivers

- **Independent Caregivers**

- About \$15 / hour
- Client must interview and screen applicants
- Client is employer and deals with payroll taxes, employee dishonesty, employee injuries, and scheduling

When To Use In-Home Care



Benefits of In-Home Care

- Easy to Start, Change, and Stop
- Client Service Focus
- Introduces New Social Dynamic
- Buys Time to Plan Next Steps
- Respite for Family Caregivers
 - [Meet Kathy](#) (4-Minute Video)

Resources for Families

- www.caregiverstress.com
- www.4070talk.com
- www.makewayformom.com
- www.helpforalzheimersfamilies.com
- www.stagesofseniorcare.com
- www.cravingcompanionship.com
- <http://seniorcare2share.com>
- www.homeinstead.com/606

Open for Questions

