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# When & How to Select Home Care

# What is Senior Home Care ?

- Cooking / meal preparation
- Cleaning
- Laundry
- Make beds
- Shopping / Errands
- Escort to appointments
- Socialization / Activities
- Medication Reminders
- Bathing /Dressing /Toileting
- Health care
  - Check Vitals
  - Occupational / Physical Therapy



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# Types of Home Care Providers

- Home Health Agencies
- Nurse Registries
- Hospices
- Home Medical Equipment Providers
- Homemaker/Companion Services

Which type is right for you ?



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# When is it Time for Home Care ?

Indications might include:



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MOBILITY



TRANSPORTATION



DIET



HOUSEKEEPING



TIME & PLACE



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BEHAVIORAL



COGNITIVE



PERSONAL CARE



MEDICAL



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# Caregiver ? Burnout ?

- Lack of energy or fatigue
  - Sleeping problems
- Changes in eating habits
  - Feeling hopeless
  - Loss of interest
- Decreased patience
- Anxiety or Depression
  - Physical problems



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# How to Select Home Care

- Write down your limitations
- Agency on Health Care Administration
  - <https://www.floridahealthfinder.gov>
  - Home Care Unit: 850-412-4403
- Elder Options 1-800-963-5337
- Local senior health and wellness fairs
- Neighbors / Friends
- Consult your physician



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# Face to Face Interview Questions

- How long have you been in business and why home care
- Are the people providing the care employees of your company
- What are your recruitment practices
- What screenings are performed before the applicant is hired
- What insurance do you carry
- How do you decide who will provide the care; Same person each visit
- How far in advance do I need to schedule a service
- Do I have to sign a contract



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# Plan Ahead – Plan Now



- Know what you want before you need it
- Establish a safety net
- Avoid a crisis situation
- Write it down
- [www.CaregiversLibrary.org](http://www.CaregiversLibrary.org)



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**Thank – you !**