



## What is Senior Home Care?

Today's seniors have more options available to them than ever before. When physical capabilities diminish, or while recovering from a short-term disability, many seniors opt to be cared for in the comfort of their own home by a personal companion. Home care is considered by many to be one of the most desirable options because it allows seniors to maintain their independence while remaining in the one place where they feel most comfortable.

In many cases, an aging parent moves in with one of their adult children. This caregiving can be overwhelming, especially to those who work full time and/or have families of their own. There is nothing easy about assisting aging parents in growing old, but in-home care can help make this process much easier for all parties.

Hiring a senior home care agency will provide non-medical help with daily living tasks including meal preparation, light housekeeping, errands, and companionship. Many agencies also offer additional non-medical services including personal hygiene assistance, weekend or holiday care, live-in or live-out care, temporary or long-term care, and respite for family caregivers. A senior home care agency also provides personalized care for seniors as an alternative to assisted living facilities or nursing homes.

It's never easy to make the decision to invite a stranger into your home to provide care. The longer a senior can remain at home, the more active, both mentally and physically, they will stay. A personal companion will help an elderly individual keep their routine and assist in their regular daily activities.

**80%**

**of U.S. adult children report emotional strain from caregiving for an aging parent.**

**50%**

**of U.S. adult children report missing work due to caregiving for an aging parent.**

**45,000,000**

**U.S. households provide care for an elderly loved one.**



## What is the difference between Registry and Private Duty Services?

When considering hiring a caregiver to help with services in your home, make sure you know the facts. Inviting a stranger into your home can be overwhelming. It is helpful to have professionals guide you through the process, and present highly qualified, and compatible caregivers for you to choose from. Being well-informed can save you money and protect you from potential legal problems.

A quality home care agency should:

- Assess the types of assistance that your loved one will need, and make sure you get the right services from the right caregiver.
- Match caregivers to clients based on their personalities and have extensive experience in hiring compassionate and dependable employees.
- Supervise the agency caregiver's work performance to ensure high quality care.
- Thoroughly screen the work history of every caregiver, including criminal background checks.
- Manage all taxes and expenses related to the caregiver's employment that are required by the state and federal governments.
- Be licensed, insured, and bonded. The caregiver coming to your home should be bonded.

Things to Consider	 Senior Helpers	Registry or By Yourself
<b>Services &amp; Caregiver Selection</b> <i>Knowing what services are needed for your loved one.</i>	We will work together to be sure that your needs are met.	You are responsible.
<b>Taxes &amp; Injuries</b> <i>Reporting and paying taxes and social security.</i>	We take care of this for you.	You are responsible.
<b>Supervision</b> <i>Managing the caregiver's performance.</i>	We perform unscheduled supervisory visits.	You are responsible.
<b>Background Check</b> <i>Performing criminal background and license checks.</i>	We take care of this for you.	You are responsible.
<b>Hiring</b> <i>Caregiver interviewing, hiring.</i>	We take care of this for you.	You are responsible.
<b>Scheduling</b> <i>Creating a consistent Care Plan and scheduling care.</i>	Even if your caregiver is sick or has a family emergency, we take care of this for you.	You are responsible.
<b>Theft</b> <i>Responsibility if the employee steals from you or your loved one.</i>	Senior Helpers and our employees are insured and bonded.	You are responsible.



## A Sample Day in Home Care

### Sample Plan For Companion Care

- Prepare a nutritious lunch
- Transportation to appointments and grocery store
- Do two loads of laundry
- Change the linens
- Clean the bathroom and kitchen
- Read a book together

### Sample Plan For Personal Care

- Assist with morning routine (getting up, bathing, and dressing)
- Plan and prepare a healthy breakfast and lunch for the day
- Go for a stroll and assist with walking
- Tidy up around the house
- Medication reminders at breakfast and lunch
- Do an activity together (such as a crossword puzzle)

### Services to Look for:

- |  |  |
|--|--|
| <input type="checkbox"/> 1 hour to 24 hour care                  | <input type="checkbox"/> Light Housekeeping  |
| <input type="checkbox"/> In-Home Assessment or Evaluation        | <input type="checkbox"/> Laundry & Ironing   |
| <input type="checkbox"/> Hospital Sitter Services                | <input type="checkbox"/> Changing Linens & Bed Making                                  |
| <input type="checkbox"/> Peace of Mind Visits just to “check in” | <input type="checkbox"/> Play Games/Cards  |
| <input type="checkbox"/> Pre- and Post-Op Assistance             | <input type="checkbox"/> Organize Closets & Pantries                                   |
| <input type="checkbox"/> Medication Reminders                    | <input type="checkbox"/> Attend Events   |
| <input type="checkbox"/> Alzheimer’s & Dementia Care             | <input type="checkbox"/> Care for Pets & Plants  |
| <input type="checkbox"/> Fall Prevention                         | <input type="checkbox"/> Caregiver Background Check & Reference                        |
| <input type="checkbox"/> Meal Preparation & Cleanup              | <input type="checkbox"/> Substitute Caregivers if needed<br>due to illness or vacation |
| <input type="checkbox"/> Errands & Transportation                |  |



## Sample Questions to Ask Before Hiring a Home Care Agency

When choosing a senior home care agency, there are important things you need to know about the agency and how they will provide service to you or your loved one. Many competing companies offer what appears to be the same services. It's up to you to investigate the differences and find the one company that will best suit your home health care needs.

**Are your workers bonded and insured in case of injury or theft?**

Yes  No

The company you want to work with must have extensive insurance, including Professional and General Liability, Non-Owned Auto, a Dishonesty Bond, and Worker's Compensation policies.

---

---

**How extensive are your criminal background and reference checks?**

Yes  No

It is important that the agency not only run a check on their caregiver's last job but also on all the places they've lived for at least the last five years.

---

---

**Does your company have ongoing supervision of and training for the caregiving staff?**

Yes  No

Supervisors can help a caregiver identify safety hazards, observe special diets, establish hygiene standards, and more.

---

---

**How do you select your employees?**

Yes  No

Make sure you choose an agency that sets high standards in its hiring policies and considers factors such as demeanor and professionalism when hiring their employees.

---

---

**Can you send me information describing your services and fees?**

Yes  No

More than likely, an agency that sends you detailed, carefully considered materials for your review has also gone the extra mile in other aspects of its business.

---

---

**What is your caregiver replacement policy or guarantee?**

Yes  No

A good agency will give you as many replacements as needed, whenever needed.

---

---

**Can we set up a time to meet to discuss the details of my care needs?**

Yes  No

It's always a good idea to meet the Agency's principal(s) or representative(s). Invite them to come to the residence where care will be provided so that you can meet them at your convenience.

---

---

**Notes:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_