

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 get the care they need in the comfort of their own home with a personal companion or CNA. 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.

There are a variety of factors to be considered when evaluating the safety and well-being of your loved one, including family support, mobility, memory, social interactions, and personal hygiene. Evaluating the options? If so, Senior Helpers has developed a simple 8-question quiz to help determine whether your parent can live independently in his or her own home. Visit seniorhelpers.com/resources/is-home-care-right-for-me to learn more.

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 concerned, whether your loved one resides with you or chooses to remain in their own home. Our services can also be provided in nursing homes, assisted living centers and retirement communities, wherever you need that extra peace of mind.



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. These services are available for as little as one hour or 24/7. A senior home care agency also provides personalized care for seniors as an alternative to assisted living facilities or nursing homes.

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.

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 experience and needs.
- 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 to protect you from potential financial loss and responsibility.

A Sample Day in Home Care

Sample Plan for Companion Care

- Prepare a nutritious meal
- Transportation to appointments and grocery store
- Do two loads of laundry
- Change the linens
- Clean the bathroom and kitchen
- Do an enjoyable activity together such as reading a book

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)





Why Use a Home Care Agency Instead of Finding Someone on Your Own?

While finding a caregiver on your own may initially appear to be less expensive, the cost difference becomes negligible when time, taxes, insurance and your security are factored in. When considering hiring a caregiver to help with services in your home, make sure you know the facts. The decision to hire a caregiver can be overwhelming, so it is helpful to have experienced professionals guide you through the process. Being well-informed and relying on experts to coordinate the selection of highly-qualified and compatible caregivers can reduce your stress, ensure the quality of care and safety you expect, save you money, and protect you from potential legal problems and financial responsibility.

Top 10 Questions to Ask Before Hiring a Home Care Agency

- 1. 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.
- 2. 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. It must be thorough and should include checks for elder abuse, sexual offenses, arrest records, DUI's, etc.
- 3. What are your interviewing and hiring practices? Yes No**
It is essential an agency have more than one meeting or interview with an employee prior to sending them to your loved one's home. This affords the opportunity to gain better insights into the employee's motivations and reliability.
- 4. 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. Ongoing training enhances job performance and quality of care delivered, which results in a better care experience for you or your loved one.

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5. 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. It's essential to feel comfortable with the caliber of person providing care in the home.

6. Can you send me information describing your services and fees? Yes No

A reputable agency will provide detailed, easy to understand information for your review that describes rates, available services, and any or all fees. You should also be able to drop by their business office to meet the office staff personally.

7. What is your caregiver replacement policy or guarantee? Yes No

A good agency will give you as many replacements as needed, whenever needed and have back-up coverage available. We maintain regular contact with both clients and caregivers to ensure satisfaction.

8. Can we set up a time to meet to discuss the details of my care needs? Yes No

A reputable company will always send a representative to the residence where care will be provided for a complimentary, no obligation consultation at your convenience. This affords you the opportunity to get your questions answered and ensure you are comfortable with the agency.

9. Does my loved one get to meet the caregiver before starting service?

A good quality home care agency should personally introduce the caregiver to ensure the customized plan is reviewed, introductions go smoothly and ensures the caregiver clearly understands expectations.

10. What happens if we decide to discontinue services?

A home care agency should ask for no more than two weeks notice to end services. The agency should be willing to waive notice should the client die or be admitted to the hospital.

Notes: _____

Additional Benefits of Senior Helpers® Services

There are many benefits to you and your loved one when you choose Senior Helpers. We enjoy an excellent reputation for service within our community and professional circles. We work with many local doctors, nurses, social workers, and other health care professionals who regularly refer their patients in need of help. We are experts in the home care field and value building strong relationships with our clients and their families.

Our service schedules are extremely flexible. We are committed to providing your loved ones with increased care as their needs change to ensure their quality of life and your peace of mind. Our services are non-contractual, so you are never locked into any long term contracts. Our staff RN* supervises our employees and is involved in preparing the detailed care plan.

*varies by state

Senior Helpers hires our caregivers based on their experience, professionalism, enthusiasm, and compassion for seniors. After a full and thorough screening, we train, bond, and insure each one. We match our caregivers' experience and skill set to your loved one's needs. The result is a consistent, working relationship so beneficial that our clients often say their helpers are more than caregivers, they're life-givers.

Our goal at Senior Helpers is to handle all of the home care details so you can concentrate on spending quality time with your loved one. Even if you are hundreds of miles away, you can trust that we will treat your loved one with the dignity, respect, and compassion they deserve.

We look forward to providing your loved one with the help they require to continue living independently at home.



**Contact Us Today to Start
Making A Difference in Your Life
and the Life of Your Loved One.**