

# Meeting Their Needs — With Home Care

Whether your family member is dealing with a chronic illness, facing the common challenges of growing older or requires short-term companionship, in-home care supports adults and children of all ages during difficult times.

## Main Types of Care

There are three general categories of care, as well as specialized Alzheimer's and dementia care that addresses the unique needs of those with memory loss, personality change and confusion.

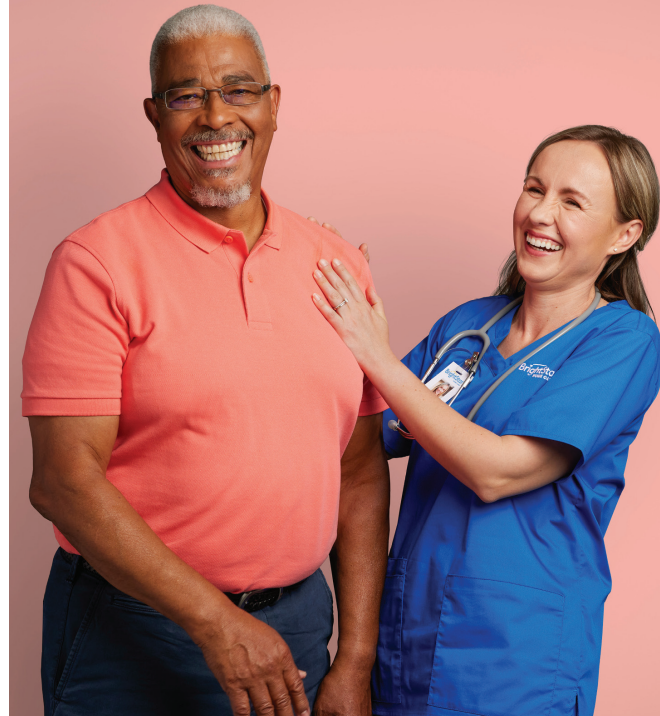
**Companion Care helps meet the social, mental and emotional needs of individuals, while also keeping an eye out for their safety.** This service includes meal prep, light housekeeping, activities like puzzles or writing letters, transportation to and from medical appointments, general assistance in the home, medication reminders and providing family members with respite (a break from caregiving).

**Personal Care provides some of the same services, along with support for activities of daily living (ADLs).** Common personal care activities include assistance with bathing, toileting, grooming, eating and dressing, as well as care needed before or after surgery.

**Skilled Care is provided by a nurse who meets certain medical needs a child or adult may have.** Wound care, blood draws, medication administration, IV drug therapy (including infusions like chemotherapy), G-tube and other feedings, assistance with medical equipment (ventilators) and other interventions fall under this category. There is a growing number of services you can receive at home, instead of going to a physician's office, lab or hospital.

## Personalized Plan of Care

While some services are mentioned here, there are many different ways we support your loved one in their home. Some people are surprised to learn that home care services aren't just for elderly care – they can include child care for those with special needs, young adults that need physical or occupational therapy, and just about anyone who needs support at home. We encourage you to reach out with any questions about our range of services.



## Key Benefits of Home Care:

- Supports independent living
- Prioritizes safety
- Can be less expensive than other care options
- Provides one-on-one attention
- Lets loved ones remain in a familiar environment
- Provides family support

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## HOME CARE GUIDE

Many families have come to recognize that in-home care provides peace of mind and helps their loved ones experience the quality of life they deserve. Yet it can be difficult to determine if (and when) you need in-home help and what type of care would be most beneficial. We're here to help – this chart can help you get started.

Companion Care	Personal Care	Skilled Care
<ul style="list-style-type: none"><li>• Conversation and activities based on their interests</li><li>• Transportation to and from appointments, activities and events</li><li>• Dementia support when they shouldn't be alone</li><li>• Medication reminders</li><li>• Laundry</li><li>• Light housekeeping</li><li>• Help connecting with others through letters, e-mail and social media</li><li>• Engagement in art or craft projects, reading, games or puzzles</li><li>• Respite and time off for family caregiver</li></ul>	<ul style="list-style-type: none"><li>• Help with mobility in and outside of the home</li><li>• Bathing</li><li>• Dressing and grooming</li><li>• Feeding</li><li>• Oral and personal hygiene</li><li>• Help with incontinence</li><li>• Outpatient pre- and post-op assistance</li></ul>	<ul style="list-style-type: none"><li>• Medication administration</li><li>• Wound care</li><li>• Blood draws and injections</li><li>• Central and peripheral intravenous drug therapy, such as chemotherapy</li><li>• Assistance with medical equipment including ventilators</li><li>• Administration and maintenance of catheters</li><li>• PICC line dressing changes</li><li>• Total Parenteral Nutrition (TPN), G-tube or other feedings</li><li>• Epidural mediports</li><li>• Physical, occupational and speech therapy</li><li>• Rehabilitation for medical needs</li></ul>

## Did You Know...

Individuals with chronic conditions or those who are homebound may be able to receive treatments from a trained nurse or physical therapist instead of going into a facility for care.\*

Our Director of Nursing can answer questions you have about this convenient and safe way of meeting your loved one's needs. Please contact our local office or call 866-618-7827 to schedule a free, no-obligation in-home consultation.

*\*Skilled nursing and medical service availability varies by location.*



**Interested in learning how in-home services can support your family?**

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