Is Home Care Right for Me?

Assessing Home Care for Your Family’s Needs

Trusted Care. True Compassion.
No other place compares to home. From the precious memories stored within its walls to the comfort it brings you each day, it’s more than just where you lay your head at night; it’s a safe place to recover and rest and a reminder of the rich, full life you’ve experienced.

For those seeking to age in place or ease into everyday life following a major hospital stay, the familiarity of home can make all the difference. Nevertheless, if you fall into either of those categories, you know it can also come with its challenges. For example, chores around the house or simply enjoying your favorite hobbies can pose unique problems that affect your safety and overall quality of life. You don’t want to leave your home, and you certainly don’t want to give up your independence—so what’s the alternative?
Introducing Home Care

There’s an ideal solution for those who want to remain at home but could use a little extra help and support in managing everyday challenges. If you’re struggling to keep up with your medications and to-do list around the house, feeling uncertain about your safety or could just use a companion, you may want to consider home care.

With customized support and assistance, home care is a highly personalized care solution that can enhance one’s quality of life and independence at home while providing their family with peace of mind knowing they are in good hands. Both a long-term and short-term solution, home care allows you to receive the appropriate level of care wherever you call home for as long as you need it through the help of qualified, compassionate caregivers and a care plan tailored to your individual needs.
# How do people benefit from home care?

Whether it’s an attentive companion to share stories with, the freedom to focus on recovery or specialized assistance for chronic conditions, home care can be a versatile care solution to fill in the gaps where help is needed to ensure a happier, healthier life at home, with support for:

<table>
<thead>
<tr>
<th>Completing household chores</th>
<th>Keeping the house clean and tidy</th>
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<tr>
<td>Reducing burden on family members for daily support</td>
<td>Assistance caring for pets at home</td>
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<tr>
<td>Getting help with everyday tasks, like bathing and getting dressed</td>
<td>Fixing meals and snacks</td>
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<td>Enhancing their safety and security in the home to lower the risk of injury</td>
<td>Gaining vital social interaction with an attentive companion</td>
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<td>Organizing and managing medications</td>
<td>Focusing on recovery after a medical procedure</td>
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<td>Traveling to and from appointments and performing errands</td>
<td>Conserving time and energy for preferred activities</td>
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## Home Care Myth Busting

Let’s bust some of the common myths about home care so you know what to expect:

<table>
<thead>
<tr>
<th>Myth</th>
<th>Truth</th>
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<tbody>
<tr>
<td><strong>MYTH</strong></td>
<td>Home care is just for seniors.</td>
</tr>
<tr>
<td><strong>TRUTH</strong></td>
<td>Home care is for anyone over the age of 18 who needs help with everyday tasks at home. For example, many young adults recovering from an extended hospital stay or a surgical procedure could benefit from our GoHomeWell™ Post-Medical Care Program.</td>
</tr>
<tr>
<td><strong>MYTH</strong></td>
<td>Home care means I no longer have any control, and I’m giving up my independence.</td>
</tr>
<tr>
<td><strong>TRUTH</strong></td>
<td>Home care empowers you to do what you want by providing the assistance you need to remain safely in your own home and have more independence.</td>
</tr>
<tr>
<td><strong>MYTH</strong></td>
<td>My family just doesn’t want to take care of me; that’s why they want me to get home care.</td>
</tr>
<tr>
<td><strong>TRUTH</strong></td>
<td>Your family wants what’s best for you, so they’re getting the support you need to thrive at home. Also, research from the Centers for Disease Control shows that family members taking on caregiving roles are more likely to become stressed and even ill due to their added responsibilities. By getting help, you can spend more quality time with each other and let family members enjoy being family members, not caregivers.</td>
</tr>
<tr>
<td><strong>MYTH</strong></td>
<td>Home care means opening my home to a parade of unknown people, and I’m just not comfortable with that.</td>
</tr>
<tr>
<td><strong>TRUTH</strong></td>
<td>Most home care agencies strive to provide you with consistent caregivers whom you’ll come to know and trust on a deep level. While it’s true you may have an adjustment period, many seniors come to rely on and develop close bonds with their home caregivers. There’s a strong possibility that you may look forward to seeing your caregiver each day and spending time with them.</td>
</tr>
<tr>
<td><strong>MYTH</strong></td>
<td>Home care sounds good, but it’s just too expensive.</td>
</tr>
<tr>
<td><strong>TRUTH</strong></td>
<td>While the actual costs of home care vary widely, depending on where you live and your needs, it’s often less expensive than transitioning to senior living. Plus, some programs and services can help defer the cost of your non-medical home care services. This includes using long-term care insurance, Medicare Advantage Plans and other potential funding options like benefits for qualifying veterans, bridge loans, reverse mortgages or life settlement programs.</td>
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How Does Home Care Help Aging Adults and Homebound Individuals?

According to the AARP, nearly 80% of all adults aged 50 and older hope to stay in their own homes as they age. However, certain limitations or challenges can make this a difficult goal; that’s where additional support can play a critical role.

Home care is uniquely designed to help older adults and homebound individuals address challenges at home to help them safely age in place or recover without relying solely on adult children or other family members for daily assistance. Plus, they can appreciate the company of a companion caregiver deeply invested in their well-being and who can check off items on their daily to-do list, freeing up their time to enjoy more quality time with their loved ones and doing the things they love.

For those seeking to make the most of their golden years or needing temporary assistance during recovery, home care is often the answer.
Can I Really Benefit from Home Care?

We created this helpful checklist to help you determine your unique needs and whether home care is right for you. We recommend you print this document to complete this checklist and review it with your loved ones.

☐ I’ve suffered one or more falls in the past year

☐ I receive home health care from a nurse, but it hasn’t been enough support for living at home alone

☐ I’ve lost confidence in my driving ability, and I’m scared to drive myself

☐ I sometimes feel confused and have issues with my memory

☐ I’ve sometimes forgotten to turn off stove burners and faucets

☐ I haven’t been able to get much exercise or be active at all recently

☐ I sometimes lose my balance or feel dizzy

☐ I sometimes have trouble with sitting, standing or getting in and out of bed or the bath

☐ I feel like I can’t keep up with my household chores

☐ Sometimes, remembering to pay my bills is difficult
Organizing and remembering to take all my medications is challenging for me.

I sometimes forget to feed my pets, and I can’t keep up with their veterinarian appointments.

I’m hesitant to ask my family for help; I don’t want to burden them.

I’ve lost interest in socializing or doing activities I used to enjoy.

It takes a lot of time and energy to get myself ready—sometimes, I just don’t bother.

I regularly have trouble concentrating and focusing on simple tasks that used to be no problem.

I need help with getting my prescriptions refilled on time.

I’ve noticed my hygiene starting to decline because I haven’t been able to follow my usual routines.

I think I’ve lost weight because I’m not that interested in fixing and eating meals anymore.

My family worries I may be dehydrated because I don’t drink enough water.

I recently had surgery and feel like I’m not back to my old self yet.

I’ve had a hard time recovering from a recent illness and worry I’ll never feel like myself again.

I’ve been diagnosed with a chronic health issue, and I’m not sure how to manage it on my own.

I sometimes need to steady myself on furniture when moving around the house.

Using stairs is becoming difficult, and I worry I may be unsafe.

If you answered ‘yes’ to any of the above statements, home care could provide you and your family the peace of mind and security you need to enjoy a higher quality of life at home. And HomeWell Care Services is here to help. We offer a full range of service options to provide you and your loved ones with the support you need when you need it.
About HomeWell Care Services

With highly personalized care and a variety of service levels and specialized offerings to choose from, HomeWell is fully committed to preserving your well-being, safety and independence at home.

No matter the service(s) you choose, you will receive your own Care Manager at no additional charge who constructs a custom care plan tailored to address your immediate needs while anticipating future challenges to protect your health over the long term. Your care plan is then administered by our handpicked caregivers matched to suit your preferences and qualified to provide the level of care you need.

At HomeWell, we also understand that each client has unique needs that sometimes fall outside the scope of our non-medical care services. That’s why our comprehensive service approach allows us to connect the dots of care to ancillary services offered by our healthcare partners, including skilled home health and hospice and even non-medical services like handyman services or lawn care. We’ll serve as a valuable connection to you in your continuum of care to help ensure you receive the necessary medical treatment and attention while maintaining a meaningful, safe experience at home.

Request your consultation with our team today to discover what HomeWell can do for you.

Sources:
1. https://www.cdc.gov/aging/caregiving/caregiver-brief.html#:~:text=40.7%25%20of%20caregivers%20report%20having%20aged%2045%20to%2064%20years.