

SENIOR
CARE

Decision Guide

Interim
HEALTHCARE®
First in Home Care™

Making the Hard Decisions
About Senior Care a Little Easier



There may come a time when your loved one needs help living at home ...

It's a tough conversation to have with an aging parent—your mom refuses to even discuss moving to a nursing home, but you're worried about her climbing the stairs every day. Dad won't give up the keys to the car, but you know he shouldn't be on the road. The thing is, most people don't realize that a wide range of home care options exist between living independently and moving into a senior residence or nursing home.

Being informed about your options makes it easier to talk about solutions that will allow your loved ones to retain their independence and dignity, while providing you with peace of mind .

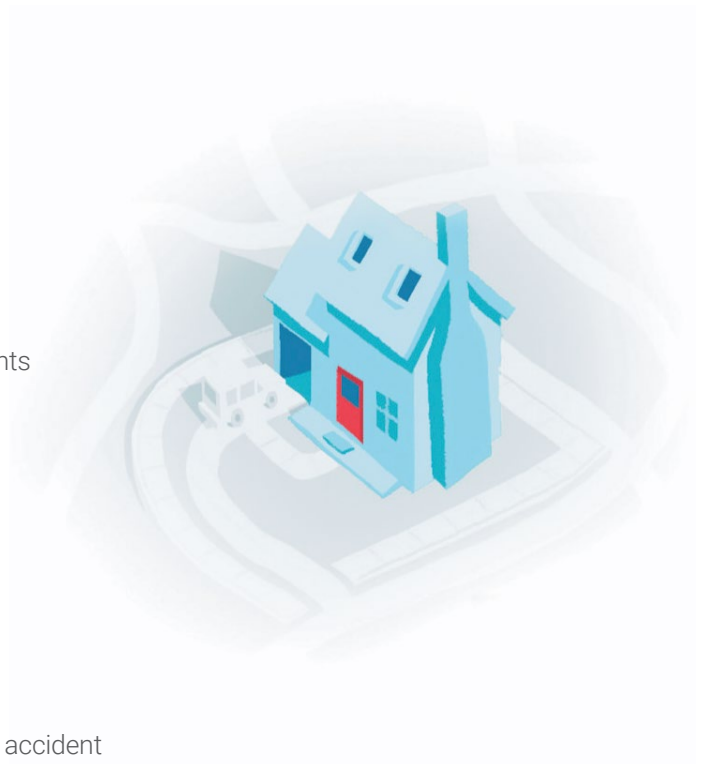
This decision guide will help provide answers to the hard questions you're probably already asking yourself. Is my dad safe in his home? How can I take care of my mom when I live seven states away? How do I know when my parent needs assistance? And, how can I be sure my loved one is receiving the support they need?

Home care gives them independence and dignity ... and you, peace of mind.



20 Signs your parent may need help at home

1. Recent hospitalization or injury
2. Complicated medical issues or medications
3. Missing appointments
4. Dirty house or laundry piling up
5. Spoiled food in fridge or expired food in cabinets
6. Stacks of unopened mail or overflowing mailbox
7. Late payment notices or mishaps with banking accounts
8. Decreased participation in activities outside the home
9. Loss of interest in normal activities or hobbies
10. Comments of sadness or loneliness
11. Unexplained bruising from fall hazards in their home
12. Difficulty walking or balancing
13. Infrequent bathing, showering or grooming
14. Poor diet or decreased weight
15. Unexplained dents or scratches on vehicle, or a recent accident
16. Changes in mood or extreme mood swings
17. Forgetfulness, confusion or memory loss
18. Overweight or underweight pets
19. Decreased ability to keep up with chores, shopping and errands
20. Forgetting to take medication, or taking more than prescribed



If you recognize some of these symptoms in your parent or loved one, it's important that you talk about the situation—sooner rather than later. If you wait until it has reached a crisis point, it's harder to make an informed, well-balanced decision about the appropriate level of care needed.

The truth is, over three-quarters of adults living on their own and in need of some form of long-term care depend on family and friends to help. Fortunately, you don't have to be the only source of support for your loved one. Home care can provide the compassionate care and support they need to live safely and independently at home.

If your loved one is showing signs that they need extra help, it may be time to take the next step. Take our [Independent Living Assessment](#) to determine if your loved one would benefit from home care services.

The truth about home care

When it comes to taking care of someone you love, sometimes the questions come faster than the answers. What is home care? Is it enough to keep my parent safe? How do I go about arranging it?

There are two types of home care. The first is home healthcare, which involves licensed healthcare professionals who provide medical care in the home, per a physician's orders. This may include nurses, certified nursing assistants, therapists or social workers. The second is personal care and support services which is non-medical and involves aides or companions who assist with the activities of daily living so seniors can live at home independently, for as long as possible.

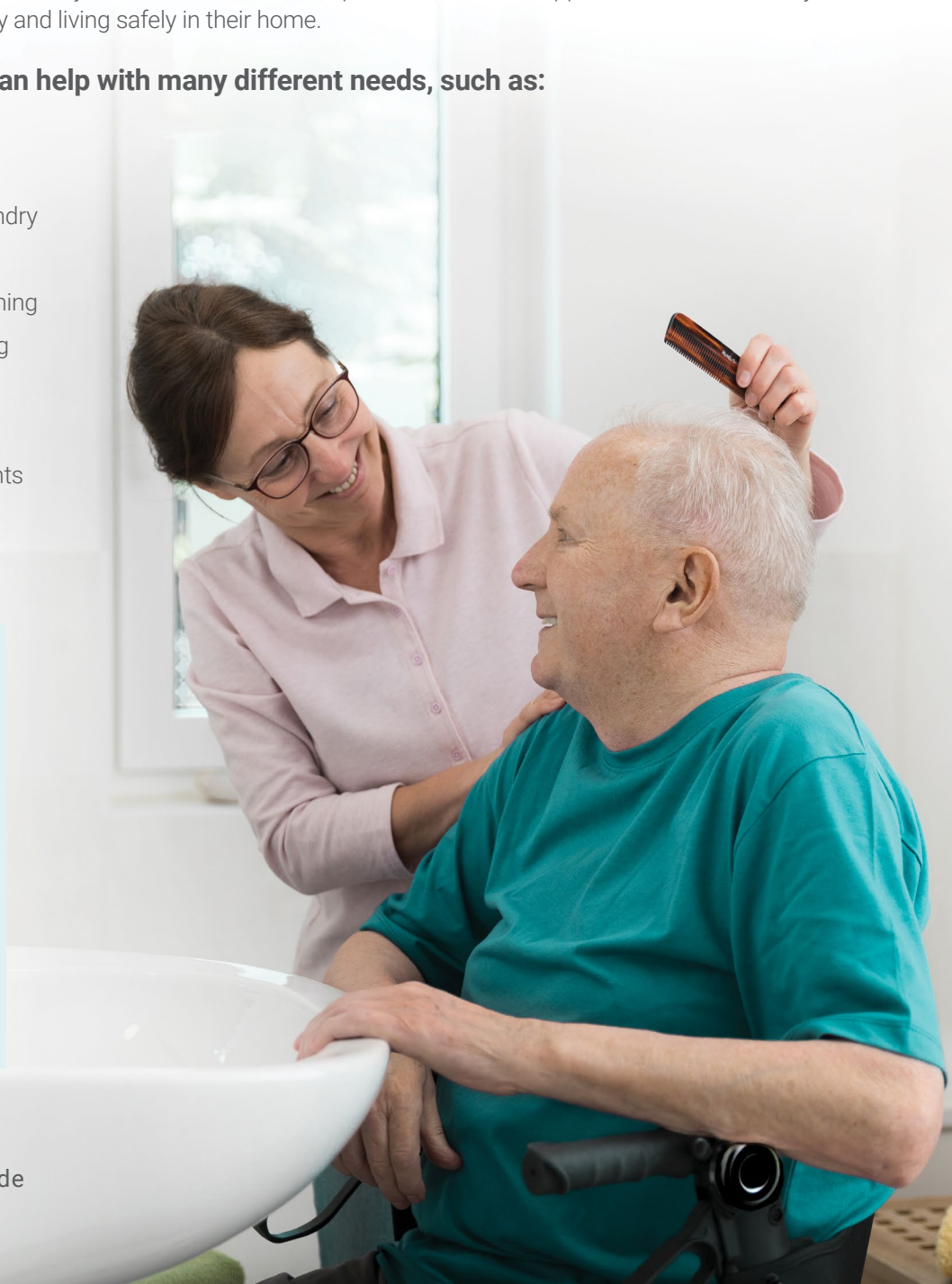
A full-service home healthcare agency can provide both types of home care, with the frequency and type of visits determined by the needs of the client. Many seniors can benefit from personal care and support, which ensures they are bathed and dressed, eating properly and living safely in their home.

Personal care and support can help with many different needs, such as:

- Companionship
- Medication reminders
- Light housekeeping and laundry
- Meal preparation
- Bathing, dressing and grooming
- Transportation and shopping
- Opening mail
- Caring for pets
- Making medical appointments
- Picking up prescriptions
- And more!

TWO TYPES OF HOME CARE

- 1.** Home Healthcare
(medical)
- 2.** Personal Care
and Support
(non-medical)



Home care services can be customized to meet their unique needs

Home care can range from a few hours a week to full-time care. Each situation is unique and Interim HealthCare can help you determine what level of care your parent or loved one needs. Services can also be increased or decreased as those needs change. You can take a quick, online Independent Living Assessment at [interimhealthcare.com](https://www.interimhealthcare.com).

Part-time home care services

Some seniors benefit from daily or weekly visits from home care aides who can assist with the activities of daily living, offer companionship and help with meals, shopping and transportation.

24-Hour home care services

Other seniors need around-the-clock support. Depending on the need, Interim HealthCare can coordinate caregiving with shifts of employees who can provide specific services. In many instances, this type of continuous in-home care service is provided for clients who are at risk when unattended, such as those with dementia.

Respite care and relief

Respite care provides breaks from the daily routine of caregiving. Maybe you're providing the bulk of the assistance your parent or loved one needs, and simply need a break or are planning a vacation that will require someone else to help out while you're gone. Respite care can relieve stress, restore energy and provide more balance in your life when you can't be there.



Holistic care for the whole individual

At Interim HealthCare, we take a holistic approach to care that engages the mind, body, spirit and family. We call it our HomeLife Enrichment® standard of care and it offers the most personalized and comprehensive level of care available. Our goal is to provide a care experience that enriches the lives of the individuals we serve. So, we treat each client the way we would want our own parents to be treated—with dignity and respect.

Once you've decided your parent or loved one could benefit from home care, you're faced with a whole new set of questions. Where do I find a home care provider? And, how am I going to pay for it?

Our holistic approach to care takes home care to the next level, providing a personalized care experience that enriches the lives of the clients we serve.

Choosing a caregiver

At Interim HealthCare, we understand the challenges you're facing. And, we're able to help you find the answers you need and provide the quality care your loved one deserves.

There are many options when it comes to home care, from working with a home care agency to hiring a private caregiver directly. While there are pros and cons to each type of care, working with an agency such as Interim HealthCare means you don't have to worry about background checks, federal and state taxes or finding a replacement if your caregiver is sick or suddenly quits.

For those who live far away from a parent or loved one, choosing the right caregiver can feel even more daunting. Where do you start? Choosing a national home care provider with an excellent reputation, like Interim HealthCare, can provide you with the assurance and peace of mind that they are in good hands. As the nation's first home care company, Interim HealthCare has been a trusted source of home care services to individuals since 1966. Moreover, we have more than 300 individually owned franchise offices throughout the U.S., so we likely have one near you.

Paying for home care

Who pays for home care depends on the type of care being provided. Medical care provided at home through a physician can include visits from nurses, therapists and social workers, as well as by home health aides. This type of care is often paid for by Medicare, Medicaid or commercial insurance companies.

Non-medical care that assists seniors with everyday tasks such as bathing, dressing, light housekeeping, transportation and companionship is often referred to as private duty or personal care and support services. These type of services may be paid for by a long-term insurance policy, Medicaid or directly by you or your family.

FIRST IN HOME CARE®

Founded in 1966, Interim HealthCare was the first provider of home care services in the U.S.

Getting Started

If you have any questions about how your loved one could benefit from home care services from Interim HealthCare, we can perform an in-home evaluation that would assess their level of need and identify the appropriate services for their situation.

Employing a home care professional is an important decision, and one that most people have little training or practice in. Interim HealthCare is a name that is trusted by physicians, patients, clients and their families. Whether it's for a little bit of support and assistance or nursing and therapy services, we can keep your loved one at home safely, longer.

When it comes to home care, you have a choice. Take the time to make the right decision about the best home care for your loved one. At Interim HealthCare, we treat each patient with genuine compassion, kindness and respect. And that means you can sleep easier at night knowing the person who spent so many years taking care of you is being taken care of by people who care as much as you do.

Worried about a loved one living alone?

Our free Independent Living Assessment will help answer the hard questions and provide you with the first steps to getting the support your loved one needs.

Take our Independent Living Assessment now at [interimhealthcare.com](https://www.interimhealthcare.com).

Learn how home care can help your loved one live safely and independently at home.
Visit [interimhealthcare.com](https://www.interimhealthcare.com) to locate an office near you!





First in Home Care®

Founded in 1966, Interim HealthCare is the nation's first home care and healthcare staffing company. A recognized leader in their industry, Interim understands the importance of providing quality care in a place that's ideal for the individuals they serve. Distinguished by their HomeLife Enrichment® signature standard of care, they engage the mind, body, spirit and family in a personalized plan of care that ensures an optimal experience for their clients.

Operating through a network of more than 300 locally owned franchises, Interim HealthCare offers a comprehensive range of home care, hospice and healthcare staffing solutions. From skilled nurses and therapists to aides and companions, they provide an average of 25 million hours of home care to 190,000 people every year.

interimhealthcare.com