

GERIATRIC HEALTH SERVICES

A GUIDE TO CARE AT HOME

Senior home care is a concept that is gaining new popularity with seniors and family caregivers. Home care agencies, home healthcare agencies, and geriatric care management services are popular and viable ways to help take care of older adults in the comfort of their home.



Home Care Agencies

Home care agencies typically provide assistance with activities of daily living (ADLs) such as bathing, grooming, dressing, eating, toileting, getting into & out of bed, going to the bathroom, walking and protective supervision. They can also help with instrumental activities of daily living (IADLs) such as meal preparation, special diets, shopping, transportation, housecleaning, laundry, caring for other family members, pet care, etc. These services are not usually covered by Medicare or insurance and are mostly private pay. Some forms of long term insurance may pay for these services. It is important to find out if the aides from the agency are bonded, insured, screened for criminal record, and if they have completed necessary training. **A list of agency names is included in this packet.**

Home Healthcare Agencies

Home healthcare agencies provide medical services by licensed professional medical staff, such as registered nurses, and physical, occupational and speech therapists. In addition, they can administer medication and provide wound care. Medicare or other forms of insurance may cover these services. Most healthcare agencies only provide health services, however a few may provide personal care services as well.

Geriatric Care Management Agencies

Geriatric care management agencies provide professional assessments, arranging of care services, assistance with community resources, assistance with residential placement, counseling, networking with community resources, and coordination of in-home help. These services are mostly private pay. You can locate one in your area by calling (800) 677-1116 or online at www.findacaremanager.org.

Important Tip: When you are planning to hire help at home make sure you are using an agency that is **certified** and that the aides are **bonded and finger-printed**.