

When Faced with Care Needs...

Consider the Individual. Consider the Situation.

Staying at home for as long as is possible can mean a great deal to anyone who develops care needs. Familiar surroundings can be therapeutic, and have been proven to enhance recuperation. However, when faced with an ongoing frailty or short-term recuperative care needs, it is important to consider a number of factors when trying to determine if in-home care will be appropriate for the particular situation. There is no “one size fits all” solution when it comes to care.

Some helpful questions to ask prior to making a decision about staying at home with care or moving elsewhere:

- **What is the culture of the care recipient? Does that culture value family and elders, and will that culture rally around the frail person to assist with care needs?**
- **What is the financial situation of the care recipient? Can he or she afford to pay out of pocket for care? Is there a family member or friend who might want to assume the responsibility for paying for care at home?**
- **What are the formal and informal support systems of the care recipient? Is there someone who can assist with the instrumental activities of daily living to make running a household possible? Are there neighbors and friends who are available and willing to assist?**
- **What is the level of care needed now? What is the prognosis for future care needs?**
NOTE: If the frailty is temporary and the aging person is expected to recuperate, the chances of returning home are greater than if the prognosis is degenerative or terminal.
- **What is the mental status of the care recipient?**
NOTE: It is far easier to care for an alert and mentally sharp, but physically frail person at home than it is to care for a cognitively impaired but physically active person.
- **Can the frail person get up and down out of a chair or bed?**
NOTE: The level of assistance required with the “Transferring” ADL (Activity of Daily Living) will determine the type of care needed and, in some cases if total transfer assistance is required, may make in-home care unsafe for both the care recipient and caregiver. A thorough in-home assessment is the best first step in answering this question.



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Specializing in Customized, Non-Medical, In-Home Care Services for Seniors. Licensed, Bonded and Insured. RN Supervised.

In-home care helps a frail person to live independently for as long as possible, given the limits of his/her medical condition. It covers a wide range of services and can often delay the need for long-term nursing home care, or it can serve as an aging in place solution so a senior does not have to move out of the home.

Help in the home can include:

- Household chores such as cleaning and preparing meals;
- Personal care that is non-medical, such as bathing, dressing, or moving around the house; and
- Health and medical care, such as a nurse, home health aide, or physical therapist.

For further assistance in determining if in-home care is the best option for an individual's situation, please contact Independence-4-Seniors at (630) 323-4665 or visit www.independence4seniors.com.

