

Dear CATHI,

Question: What are some types of in-home services and how do I find these services?

Answer:

Not all in-home services are the same; some in-home services provide non-medical help, such as assistance with daily living. Other in-home services involve medical care given by a licensed health professional, such as a nurse or physical therapist.

Common types of in-home care:

- ***Companion services:*** Help with supervision, recreational activities or visiting.
- ***Personal care services:*** Help with bathing, dressing, toileting, eating, exercising or other personal care.
- ***Homemaker services:*** help with housekeeping, shopping or meal preparation.
- ***Skilled care:*** Help with wound care, injections, physical therapy and other medical needs by a licensed health professional. Often times, a home health care agency coordinates these types of skilled care services once they have been ordered by a physician.

Finding the right in-home care services for you or your loved one is important. To assist with this process some resources are listed below:

Finding in-home Services

- ***Talk to the doctor:*** The primary physician providing care for the person is a great place to start. Ask for recommendations of home health providers.
- ***Use Medicare's online tool:*** You can find and compare Medicare-certified Home Health agencies in your area through Medicare's online tool. (Home Health Compare).
- ***Ask a friend, family member or neighbor about their experiences:*** Getting a first-hand opinion from someone who has used in-home care services can be especially helpful.

Finding in-Home services through Senior Resources of Guilford

- ***Call Senior Resources of Guilford SeniorLine:*** SeniorLine information and Referral/Case Assistance Services is a telephone based service to provide information about community services which can help meet the basic needs and assist older adults to maintain their independence.

The information in this article was adapted from the *Alzheimer's and Dementia Caregiving center: In-Home Health Care* created by the Alzheimer's Association, 2016.