Private In-Home Care Can Help

A GUIDE TO IN-HOME CARE

Comfort Keepers® (281) 978-2600
Keeping The Comforts Of Home™
“Love begins at home, and it is not how much we do... but how much love we put in that action.”

— Mother Teresa

Private in-home care is here for you.

Home is where most people want to be when they are sick, recovering from surgery, disabled, or just need help with activities of daily living. Often, while a person may prefer to stay at home, he or she cannot do so safely. The person may need ongoing care, may not have anyone to help with care, or may have loved ones who need a break from providing all of the care. In-home care can help.

In-home care can fulfill many tasks that will relieve the family from the burdens and responsibilities of caring for a loved one. Most importantly, in-home care services can help your loved one stay at home, to maintain independence in familiar surroundings.

What is private in-home care?

Private in-home care is non-medical assistance provided in the home for people needing help with everyday activities such as feeding, dressing, personal hygiene, mobility, and more. In-home care includes a full array of practical services, which may also include companionship, light housekeeping, and transportation/escort to appointments or other events.

Who may receive private in-home care services?

Many people think in-home care services are provided only for the elderly, but anyone of any age with physical or mental disabilities may be helped by in-home care services.
Who pays for private in-home care?

The client pays for private in-home care services. Private in-home care is not covered by Medicare or Medicaid. Occasionally, long-term care insurance policies may cover some or all of the costs of private in-home care services. If you think your insurance plan may cover services, we can help check your policy to verify coverage.

What is the difference between private in-home care and home health care?

There is confusion about whether or not "private in-home care" and "home health care" are the same. The phrases are often used interchangeably because both services are types of care that are provided in the home. The main distinction between the services is whether the care is non-medical or medical. For the purposes of this booklet, here is a general definition for each type of care:

- **Private in-home care** is non-medical care provided in the home by trained caregivers specializing in personal care assistance, companion care, and homemaker services. Services do not include therapy, medication prescription, or other medical services. Private in-home care provides persistent care; caregivers can stay to provide as much care as the client needs. Private in-home care is also referred to as custodial care, home care, senior care, or private duty home care.

- **Home health care** is medical health care provided in the home by licensed nurses and therapists. Medical personnel perform the ordered medical procedure and then depart the home. Home health care is also referred to as home care, skilled nursing, or formal care and can be paid by Medicare or other health insurance.
Where do I begin?

To make the process easier, make a list of things you need help with. We've provided this checklist to get you started. We may provide services that are not listed below, so please contact us for a full list of our services.

- Bathing/personal hygiene
- Getting dressed
- Feeding
- Cooking
- Light housework/laundry
- Mobility assistance
- Companionship
- Transportation/escort
- Medication assistance
- Transferring/positioning
- Toileting/incontinence care

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What else should I keep in mind?

Below are some questions to keep in mind when considering private in-home care services. We provided blank spaces for additional questions you may have. Keep this booklet handy if you need to contact us for more information.

- How do you recruit your staff?
- What kind of background checks and screening do you perform?
- Are your caregivers insured payroll (W2) employees?
- What training does the staff receive?
- Is care available around-the-clock?
- Are there back-up caregivers if a scheduling conflict occurs?
- What are your billing policies?


Remember:

Maintaining independence for you or your loved one for as long as possible is a meaningful gift. Do not hesitate to contact us if you have questions regarding any aspect of care and services. Private in-home care is here to support you by providing trust, security, and peace of mind in the comfort of your own home.
Helpful resources:

www.privatedutyhomecare.org

National Family Caregivers Association.
www.thefamilycaregiver.org

"Caregivers' Resources." USA.gov.
www.usa.gov/Citizen/Topics/Health/caregivers.shtml

"Caregiving." Medicare.gov.
www.medicare.gov/campaigns/caregiver/caregiver.html

Private Duty Homecare Association.
www.pdhca.org
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