

Does My Loved One Need Care — At Home?

Although it's fairly clear-cut when a family member needs **Skilled Care** at home,* it can be more difficult to identify if **Companion Care**, **Personal Care** or **Alzheimer's and Memory Care**. These questions can help determine if it's time to find in-home care for your loved one.

Companion Care – The more often you respond “No” or “Sometimes,” the more likely it is they need support:

1. If the phone rings, do they hear it and answer it?
2. Can they hear the other person and have a conversation?
3. Do they store food properly and throw it away when it's no longer safe to eat?
4. Do they keep the kitchen, living room and bedroom clean?
5. Do they make sure that the lawn is mowed, yard is tended to, and sidewalk and driveway are shoveled?
6. Are they doing their laundry? Carrying it safely, moving from washer to dryer, folding and putting it away?
7. Do they stay on top of finances such as paying mortgage or rent, utilities and other bills?
8. Do they drive safely and with confidence?
9. Do they select and pay for healthy foods and put those groceries away?
10. Are they going to social and family activities like book clubs, restaurants, religious services, reunions, birthday parties, etc.?
11. Do they talk and socialize with friends, neighbors or relatives regularly?
12. Are they able to do activities they enjoy on their own, such as crafts, light gardening, puzzles, etc.?
13. Are they able to take care of their pets, going for walks or cleaning litter boxes and cages?

*Skilled nursing and medical service availability varies by location. Call 866-618-7827 for a full list of services or to schedule a free in-home assessment.



The Dream: Aging in Place

- 77% of adults (age 50+) want to remain in their own homes.
- 34% know they may need to make physical changes to their house.
- If an illness or disability occurs, about 66% would want a combination of family and paid home caregivers.

Source: AARP Home and Community Preferences Survey

BrightStar Care

brightstarcare.com

866-618-7827



Our location has been accredited by The Joint Commission — a widely recognized organization that evaluates the nation's best hospitals and other healthcare organizations.

Personal Care – Answers of “No” or “Sometimes” could indicate a need for care:

1. Can your loved one get out of bed easily and walk from room-to-room without falling?
2. Can they get in and out of the shower or bathtub safely?
3. Do they groom themselves, change their clothes and maintain good overall hygiene?
4. Do they prepare and eat regular nutritious meals, meeting special dietary needs?
5. Do they take the right prescription dosages at the right time?
6. Can they manage illness care (e.g., testing blood sugar) or equipment properly?
7. Do they go to doctors’ appointments and understand their plan of care?

Specially Trained Caregivers or Nurses* for those with dementia or Alzheimer’s disease – Answers of “No” or “Sometimes” could indicate a need for this type of care:

1. Does your loved one know the month, season and other date references?
2. Do they usually know where they are? Specific location, city, state, etc.?
3. Do they recognize family members and long-time friends? Do they understand the relationships?
4. Do they typically put belongings in a logical spot?
5. Do they forget how to use common objects?
6. Do they take medication at the right time and in the right dose?
7. Do they remember to eat, go to the bathroom, turn on lamps, close doors, etc.
8. Are they coherent and do they have a good sense of awareness after the sun goes down?
9. Is their temperament generally consistent with who they’ve always been?

Skilled Care* – Answering “Yes” or “Sometimes” may indicate this care is needed:

1. Has your loved one’s healthcare professional suggested that Skilled Care is needed?
2. Does your loved one need in-home infusions?
3. Do they need help with catheter or ostomy maintenance?
4. Does your family member struggle to correctly use at-home medical equipment?
5. Do they have wounds that require professional care and observation?
6. Did/Will your family member (of any age) undergo surgery that requires support after leaving the hospital?

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Do you still have questions about your family’s possible need for in-home care?
Scan the QR code or visit brightstarcare.com/home-care-guide for additional details and guidance.