

## notes

## Identifying and Choosing Homecare Providers

Once you have determined that your parent needs home and/or daily care, the next step is determining who the necessary care providers are. Generally, there are five different categories of home care providers:

- Home management** — includes daily household activities such as laundry, light cleaning and grocery shopping.
- Personal care (nonmedical)** — offers assistance with daily personal needs such as bathing, dressing, using the bathroom and shower, and general mobility assistance.
- General health care (health and basic medical monitoring)** — Home health aides can provide assistance with at-home health and medical conditions and needs.
- Licensed health care (such as registered nurses, occupational therapists and speech therapists)**
- Meal providers**

### The Geriatric Care Manager

If you are feeling overwhelmed by the options and decisions, or you live too far away from your parent to adequately choose home care providers, you may want to work with a geriatric care manager. Geriatric care managers can help with:

- Assessment of the need for home care; interview, hire and monitor home care providers
- Assessment of the need for outside care, including day care, assisted living, nursing home options and hospice
- Legal and financial assistance
- Interaction with medical supply and service providers
- Medicare, insurance and other government benefit programs

For more information on these questions and what to expect, access the Parentgiving Learning Center.