

Home Care and Care Management: Planning for If and When

Janet Brush, LCSW, MSW, MSG, C-ASWCM
Anna Le Mon, MPH, MSSW

**Senior Alternatives
Care Management and Homecare Services, Inc.**

**888-451-4290
bayareaseniorcare.com**

Planning Leads to Empowerment

- Decide on your goals: how you want to live and your wishes for end-of-life.
- Develop your roadmap. Sit down with significant other, family, a friend, professional fiduciary, lawyer, care manager.
- Not just legal docs, it's everything. Example: creating a letter to DPOA, have a sit-down conversation.
- Re-evaluate from time to time.
- Preparation helps prevent typical pitfalls caused by unplanned events.



Time for Help?

How do you know when you might need assistance in your everyday life?

- Feeling anxious, depressed or isolated
- Feeling overwhelmed or helpless (finances, meals, handling household)
- Something bad happens (fall, medication issue)
- Cognitive concerns
- Family concern



Common Services

- Homecare
- Home Health
- Care Management
- Fiduciary

Homecare/Caregivers

Homecare: Assistance with non-medical care and household management

- Meaningful companionship and activities
- Personal care
- Housekeeping
- Grocery and personal shopping
- Cooking
- Attending doctor appointments and providing transportation



Home Health

Home Health: Assistance with medical care needs at home after a hospital stay

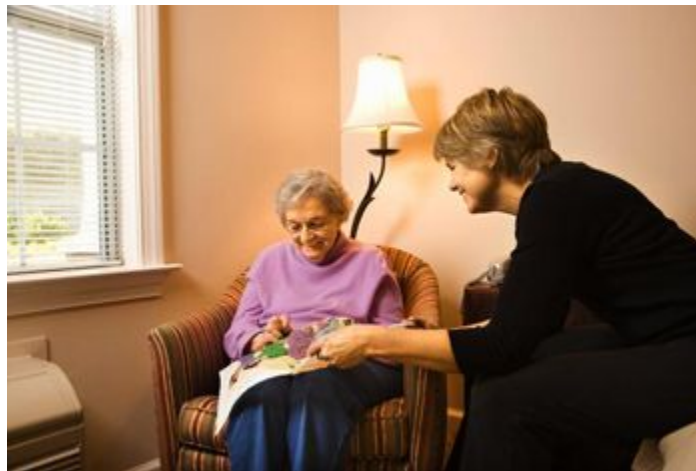
- Medical follow-up and monitoring (RN, HHA)
- Physical therapy
- Occupational therapy
- Speech therapy



Care Management

Care Management: Helping clients attain their maximum functional potential

- Holistic approach and assessment
- Ongoing monitoring, planning and problem-solving
- Education and advocacy, family support, meetings, guidance
- Homecare supervision, care plan in place
- Housing transition and legal coordination
- Medical management
- Social activities



Fiduciary

Fiduciary: Any relationship where you entrust another person to act on your behalf based on your previously designated decisions

- Power of Attorney for Healthcare and Finance
- Conservatorship
- Trustee
- Bookkeeping



Housing Options

Alternative Living Options: Assistance with selection and transition associated with aging

- Independent living
- Assisted living
- Residential Care Facilities for the Elderly (RCFE)
- Continuing Care Retirement Communities (CCRC)
- Nursing home
- Memory care



Takeaways

- **Feel empowered!**
- **Take the time to make a plan.**
- **Be proactive: reach out to family, friends and services.**
- **You are not alone!**

Vignette

Mrs. Brown is a widowed 82 year old. She lives alone and has a child locally and one in another state. Lately, she is starting to have a harder time doing her personal care and errands due to chronic back and shoulder pain and sciatica. Her diet has not been adequate because she's not comfortable standing much to cook good meals, and she is losing weight. Her home is not as clean as it once was, and there are multiple stairs up to her front door. Her daughter has noticed her mother's current challenges and they had a long conversation about planning for the future. Mrs. Brown called the Area Agency on Aging they had several recommendations. While a few neighbors organized to start bringing her groceries every week, the AAA also gave her contact information for Senior Alternatives to inquire about care management and homecare.



Possible Services

- Conduct Care Management assessment
- Develop Care Plan (holistic)
- Make a caregiving schedule, start slowly
- Consult with healthcare providers, including pain management, home health (PT, OT)
- Caregivers to address
 - nutrition and meals
 - housekeeping
 - companionship/stimulation
- Address future planning