

My Place to Call Home

Your home should be a place where you feel safe and where your physical, social, and emotional needs are met. Have you started conversations with your family and those important in your life about your present and future living arrangements? Is it your choice to stay in your current home (also called aging in place)? If you or your partner has a change in health, would you consider moving to a different place? It is important to have these discussions as early as possible and to communicate your wishes to others. The need to change your living situation can bring up many emotions and challenging conversations. These activities are designed to assist you in exploring your options for aging in place, assisted living, and residential care by focusing on eligibility, costs, access to services, and types of supportive care available.

[MywellHealth.info](https://www.mywellhealth.info)

Write your full name & date completed/updated here:
(It will automatically appear on every page)

Activities

My Home and Living Wishes

Share with others where and how you want to live as you age.

Changes in My Personal Needs

Identify if your personal needs are changing and how to communicate this with others.

Getting a Home Safety and/or Care Assessment

Learn how to get a home safety and/or home care assessment and the resources and services you need.

Coordinating Home Care Services

Learn about home care services, hiring caregivers, and making necessary changes in your home.

Exploring Assisted Living and/or Residential Care

Learn about making different living choices in your community including availability, eligibility, costs, and more.

Resource Kit

Click the underlined words in each activity to explore the online [resource kit](#). The resource kit provides definitions, educational materials, links to websites, videos, and more!

Medical Emergency

If you have a medical emergency call 911. Do NOT use the planner or website for medical emergencies. If you have a medical concern, call your physician or a health care professional.

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My Home and Living Wishes

Ideally, you will start thinking and talking about your home and living wishes long before there is an immediate need. Changing your living situation can bring up many emotions and challenging conversations. Set aside a time for a relaxed conversation in a comfortable setting with those you trust. You could start by discussing the possibility of aging in your current home ([aging in place](#)), and then explore other living options.

Tip: These activities may introduce new terms that you can learn more about in the [resource kit](#). It is also a good idea to revisit these questions and your answers annually or whenever you experience changes in your health and personal needs.

Exploring My Choices for Where I Want to Live as I Age	
My Thoughts and Wishes... Use the resource kit to find definitions and learn about your options.	
Date Completed	
Who was present for the discussion?	
Do you feel happy and secure in your current living situation? If so, what contributes to your happiness and sense of security?	
Can you describe your home and highlight the aspects you appreciate and enjoy?	
How long do you envision living in your current home? Are you hoping to stay in your home as you age?	

Exploring My Choices for Where I Want to Live as I Age(2)	
My Thoughts and Wishes... Use the resource kit to find definitions and learn about your options.	
If your health changes, would you be open to allowing people to come into your home to help? If yes, who would you reach out to for assistance, such as family, friends, or your <u>care partners</u> ?	
What types of assistance would you feel comfortable having someone help you with in your home? To start, think about specific tasks like light daily cleaning, <u>home hygiene</u> , or <u>meal support</u> . Think about what can be done by your <u>care partners</u> before paying for assistance or hiring <u>caregivers</u> .	
Have you thought about the various jobs that need to be done to maintain your home including garbage removal, cleaning, gardening, or exterior work? Who could potentially help with these tasks?	
If people close to you expressed concerns about your <u>safety</u> , would you consider having a <u>home safety assessment</u> ?	
If your needs increase, would you accept personal care to help you stay in your home? Would you consider having a <u>home care assessment</u> ?	
Have you explored options for financing <u>home care services</u> (such as housekeeping, <u>personal care</u> , <u>meal support</u> , and medication supervision) if you choose to stay in your current home?	

Exploring My Choices for Where I Want to Live as I Age(3)	
My Thoughts and Wishes... Use the resource kit to find definitions and learn about your options.	
At what stage of your life and health, if any, would you consider moving from your home to <u>assisted living</u> or <u>residential care</u> ?	
Have you discussed how you would finance staying in your home (<u>aging in place</u>) or moving to <u>assisted living</u> or <u>residential care</u> settings? See the activities in <u>My Financial Plan</u> .	
Are there any additional comments or questions that you want to discuss that arose during the discussion?	

Changes in My Personal Needs

Your personal needs can change due to natural aging, after an illness or hospitalization, or the loss of a partner. Health care professionals use assessment tools and checklists to better understand your needs by asking you questions and observing you in your home. It can be difficult to acknowledge that your physical and/or mental health is changing. It is important to be honest and realistic when responding to questions in any checklist or assessment. Use this activity to help you identify if you are experiencing any changes in your personal needs, how to communicate this with others, and how to ask for the assistance you need.

Tip: Complete this checklist with someone who is close to you and who you trust. Try to see the list as a way to get assistance with what you need rather than a list of what you cannot do. Consider asking your care partners for help with the tasks you identify as challenging.

Identifying Changes in My Personal Needs

Even though your needs can change day-to-day, check the items that you currently find challenging and need help with or items others have noticed you might need help with..

Date Updated:

Personal Care

Bathing

Using the toilet

Skin care

Dressing

Shampoo & hair care

Mouth and denture care

Shaving

Applying make-up

Nail care

Ear cleaning/ Wax removal

Bowel or bladder control

Checking weight

Safety

Taking medication at the right time and the right dose.

Completing health care treatments or monitoring (such as blood pressure or blood glucose)

Concern of excessive alcohol or drug use

Loss of balance or falls

General muscle or hand weakness

Identifying tripping hazards (such as mats & low objects)

Identifying Changes in My Personal Needs(2)		
Mind and Socializing		
___ Vision	___ Hearing	___Mood changes or irritability
___ Memory loss	___ Anger or outbursts	___ Loneliness
___ Explaining wants and needs to others	___ Quiet time/ Personal space	___ Using the home or cell phone
Activities		
___ Errands and shopping	___ Exercising	___ Going to social outings
___ Getting to appointments	___ Participating in activities	___ Banking and money management
___ Driving	___ Taking public transit	___ Taking a taxi
Mobility		
___ Getting in and out of a chair	___ Walking up and down stairs	___ Walking inside the house
___ Walking outside		
Food Preparation & Meal Support		
___ Grocery Shopping	___ Planning meal choices	___Preparation of meals and snacks
___ Using the stove and oven safely, turning it off after use.	___Identifying spoiled food	___ Chewing and swallowing
___ Drinking enough or limiting fluids	___	___

Identifying Changes in My Personal Needs(3)		
Home Hygiene		
___ Cleaning kitchen and dishes	___ Making and changing the bed	___ Wash & dry laundry and put away
___ Vacuuming and sweeping	___ Garbage and recycling	___ Cleaning the bathroom
___ Picking up and sorting the mail	___ Managing and reducing clutter	___ Dusting
Home Maintenance		
___ Garbage removal	___ Lawn or garden care	___ Sidewalk cleaning/ snow removal
___ Cleaning roof gutters	___ Minor home repairs	___

Tip: You also might consider asking your physician or nurse practitioner for a cognitive assessment if you are noticing difficulties with your memory, confusion, and/or irritability.

Getting a Home Safety and/or Care Assessment

Whether you have opted for aging in place or you are facing sudden health challenges, it's important to consider accepting assistance within your home to ensure your safety and well-being. You may also need to get help if you live independently and your care needs are gradually changing. Often people need to seek assistance if their partner has become unwell and needs assistance. Whatever the reason, you can consider taking steps to learn about your options beginning with a home safety assessment and/or a home care assessment. Both can be provided by your health authority with a referral from your physician, nurse practitioner, a concerned family member, neighbour, or yourself. Learn about the process of having these assessments by completing this activity. From this assessment, case workers or care coordinators can provide suggestions to make your home safer and options for home care services in your home.

Tip: Learn more about the difference between a home safety assessment and a home care assessment in the resource kit. Prior to the assessment(s), talk with your family and those you trust with your feelings and concerns. It is helpful to have your updated Mywell Health planner for reference. Make sure these activities are updated: My Health Profile, My Care Partners, and Changes in My Personal Needs..

Home Safety Assessment

A home safety assessment is when an occupational therapist, physiotherapist, or a nurse makes a visit to assess how safe you are in your home and provide suggestions to ensure your safety. A request (also called a referral) can be made by your physician, nurse practitioner, or a family member. During the assessment, you will be asked questions about your daily life, including walking, getting in or out of bed or a chair, toileting, dressing, bathing, eating, drinking, meal preparation, and taking medications. It is a good idea to have a family member or care partner with you during the assessment. They might also ask to observe you do some of these tasks. Use the table below to record information from the assessment.

Home Safety Assessment.	
Date Completed	
List who was present for the assessment	

Home Safety Assessment (2).	
Name of Assessor Phone Email	
Health Care Profession (OT, PT, or Nurse)	
Notes and Suggestions	
List of Items for Follow-up	

Home Care Assessment

A home care assessment is when a case worker (usually a nurse or social worker) visits your home to determine the level of home support and care you might need. It will include assessing your personal care needs, developing a personal care plan, and determining how many publicly-funded care hours are available to you. A request (also called a referral) can be made by your physician, nurse practitioner, or a family member. This assessment is sometimes suggested by a hospitalist or a social worker if you have been in the hospital and are returning home. During the assessment, you will be asked questions about your daily life, including walking, getting in or out of bed or a chair, toileting, dressing, bathing, eating, drinking, meal preparation, and taking medications. You will also be asked about who else lives in your home, what their personal needs are (if any), and if they are able to assist you.

Tip: Prior to the assessment(s), talk with your family and those you trust with your feelings and concerns. It is helpful to have a family member or care partner present for the assessment and your Mywell Health planner updated for reference. Make sure these activities are updated: My Health Profile, My Care Partners, and Changes in My Personal Needs..

Home Care Assessment.	
Items to Bring to Your Home Care Assessment (check)	<input type="checkbox"/> BC Services Care or Drivers License <input type="checkbox"/> Provincial Health Number (PHN) <input type="checkbox"/> Social Insurance Number (SIN) <input type="checkbox"/> Previous Year Income Tax Return <input type="checkbox"/> Spouse/ Partners SIN <input type="checkbox"/> Spouse/ Partner Previous Year Income Tax Return or Notice of Assessment
Date Completed	
List who was present for the assessment	

Home Care Assessment (2).	
Name of Assessor Phone Email	
Health Care Profession (OT, PT, Social Worker, or Nurse)	
Notes and Suggestions	
List of Items for Follow-up	

Coordinating Home Care Services

The choice to age in place often requires support from family members, neighbours, and both private and public home care services. It may also involve learning how to hire, manage, and coordinate caregivers, as well as making necessary physical changes to your home and purchasing equipment. Remember to maintain open communication about your feelings with family and those closest to you. This period of change can be stressful for everyone involved. It may take several months to adjust to the new normal. This activity will help you, your family, and care partners work through some of the steps to identify, organize, and manage home care services in your home.

Tip: Learn about the difference between publicly provided and privately paid for home care services. Understand that for most people, covering the cost of home care services, purchasing home care equipment, and making home modifications will be your responsibility..

Steps to Organizing Home Care

Work through the questions in this activity with family members or care partners to sort out your needs and choices. Use the resource kit to help find options and services. Write notes from your discussions and list areas for further learning and exploration.

Calculating Your Home Support Hours

Review the activity 'Changes in My Personal Needs' and your home care assessment or home safety assessment reports.

How many hours will you require home care services in a 24-hour period?

During which part of the day (morning, afternoon, and/or evening) do you anticipate needing support? Why?

Do you require assistance in the home overnight (11pm - 7 am)?

<p>Publicly Supported Care Hours</p> <p>Publicly-funded care hours per day or week are determined by your <u>home care assessment</u> and are based on:</p> <ul style="list-style-type: none">a) Safety and assistance required, andb) You or your partner's yearly income. <p>Learn about the difference between publicly and privately-funded <u>home care services</u>.</p> <p>Based on your home care assessment, how many hours per day will be provided by the public health system?</p>	
<p>Care by Your Care Partners</p> <p>Identify which of your <u>care partners</u> can offer assistance with your <u>daily activities</u> and care. Create a schedule listing the days of the week, hours, and tasks they feel comfortable doing.</p> <p>Identify anyone among your <u>care partners</u> who is interested in providing personal care and assistance as paid work?</p> <p>Consider finding self-employed <u>caregivers</u> within your community, through your church, among friends and neighbours, or through family connections.</p> <p>Explore the option of sharing your home or a suite with a <u>caregiver</u> in exchange for care hours.</p>	

<p>Exploring Private Services and Agencies</p> <p>Do you have access to a nurse or health care professional who can guide you in accessing private <u>home care services</u>?</p> <p>Involve your <u>health advocate</u> or someone who is familiar with your physical, mental, and emotional needs in these discussions.</p> <p>Explore your feelings about having new and hired people in your home providing assistance with your personal care and <u>daily activities</u> (ADLs) .</p>	
<p>Choosing Private Home Care Services</p> <p>Make a list of private <u>home care services</u> recommended by family, friends, and neighbours.</p> <p>Visit their offices and conduct interviews with their <u>care coordinators</u>.</p> <p>Request and undergo a free home consultation. Include a family member, support person, and/ or your <u>health advocate</u> in the meeting.</p> <p>Make a list (add in a full page) for each service you are reviewing and include;</p> <ul style="list-style-type: none">- Company/ Service Name- Location- Contact information for <u>care coordinator</u> (name, phone and email)- Describe the positive aspects of the service.- List any concerns or further questions you have.	

Monitoring and Checking In

Understand that you are the customer and have the right to change private home care services if needed.

Allow some time to build trust and develop a good working relationship with your caregivers.

Ensure caregivers are respecting your personal boundaries, cultural and spiritual beliefs, and traditions.

Create a written personal care plan that communicates your personal needs and choices. Encourage everyone involved to follow it for consistency. Items you might include;

- Personal care for daily activities (ADLs)
- Meal support
- Cleaning and home hygiene
- Medications and treatments
- Social connections
- Mobility, active living, and safety
- Other

If working with an agency, work with the care coordinator to ensure consistency of caregivers as much as possible.

Choose one of your care partners to be the primary contact with the caregivers and the care coordinator.

Purchasing Home Care Equipment and Making Home Modifications

As part of your home care assessment, you may receive suggestions to improve your safety, address mobility concerns, and prevent falls.

They may also suggest mobility aids/ devices, home care equipment or home modifications needed. Learn about these in the resource kit.

Make a list of equipment needed and include;

- Name of item
- Reason for item
- Supplier/ Store
- Rental charge or cost to purchase
- Rental or loan return date

Creating a Budget for Private Home Care and Modifications in your Home

Learn about and list all the items required and costs.

Home care services hourly wages can range from \$25-\$60 /hour.

Home care equipment

Home modifications

Mobility aids/devices

Explore what equipment can be borrowed at no cost to offset renovation costs, in your resource kit.

Learn about the requirements for privately hiring caregivers including caregiver insurance, salaries, benefits, and submissions for CPP and income tax.

Add this budget to your Mywell Health planner section My Financial Plan.

Exploring Assisted Living and/or Residential Care

Staying in your home may not be an option for you in the future. You might want to explore assisted living and/or residential care before you need it. Different options are available depending on your community. There is a growing number of private assisted living residences in BC that provide a variety of living situations. Learn about which residences are publicly or privately-funded, who is eligible to live there, and the services they provide.

Tip: Take the time to learn about the different options for assisted living and residential care. Talk to friends and family about their experiences. Visit the facilities; many offer a tour and a meal. Think about your needs and wishes now and for your future..

Exploring My Thoughts and Concerns when Choosing Assisted Living or Residential Care

Work through the questions in this activity with family members or care partners to sort out your needs and choices. Use the resource kit to help find options and services. Write down notes from your discussion and list areas for further learning and exploration.

Date Completed	
List who was present for the discussion	
At what stage of your life might you consider <u>assisted living</u> or <u>residential care</u> ?	
What location or neighbourhood is important to you? What distance can you be from your current home, family, or friends?	

Exploring My Thoughts and Concerns when Choosing Assisted Living or Residential Care (2)

Work through the questions in this activity with family members or care partners to sort out your needs and choices. Use the resource kit to help find options and services. Write in notes from your discussion and list areas for further learning and exploration.

Are you looking to go into <u>assisted living</u> and or <u>residential care</u> on your own or with a partner?	
What are your choices for food preparation or sharing of meals?	
What are your concerns about privacy?	
Would you want your own room, furniture, and decorations?	
What type of socializing would you enjoy? What group activities would you be interested in?	
Are you looking for a facility that offers <u>memory care</u> and a <u>campus of care</u> ?	
What cultural and spiritual considerations are important to you?	

Exploring My Thoughts and Concerns when Choosing Assisted Living or Residential Care (3)

Work through the questions in this activity with family members or care partners to sort out your needs and choices. Use the resource kit to help find options and services. Write in notes from your discussion and list areas for further learning and exploration.

Can you describe the difference between assisted living and residential care?

Are you looking for a residence that provides memory care as you age?

Will you be looking at publicly funded care facilities? Do you know if you are eligible?

Have you budgeted for a private care facility?
Are you aware of the costs per month?

List all questions and concerns you have?
Explore and find the answers you seek in the resource kit and government links.

Notes for My Place to Call Home

Use the 'Notes for My Place to Call Home' as needed. It keeps all your thoughts, questions, and things to do in one place. Might be a place to list ideas, services, and resources you like.

Date	A place to record your thoughts, questions, and learning

Notes	
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