

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.

The general information provided on the website and planner is for informational purposes only and is not professional medical advice. Please read the [Terms of Use](#).

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.

<p>Purchasing Home Care Equipment and Making Home Modifications</p> <p>As part of your <u>home care assessment</u>, you may receive suggestions to improve your safety, address <u>mobility concerns</u>, and prevent falls.</p> <p>They may also suggest <u>mobility aids/ devices</u>, <u>home care equipment</u> or <u>home modifications</u> needed. Learn about these in the resource kit.</p> <p>Make a list of equipment needed and include;</p> <ul style="list-style-type: none">• Name of item• Reason for item• Supplier/ Store• Rental charge or cost to purchase• Rental or loan return date	
<p>Creating a Budget for Private Home Care and Modifications in your Home</p> <p>Learn about and list all the items required and costs.</p> <p><u>Home care services</u> hourly wages can range from \$25-\$60 /hour.</p> <p><u>Home care equipment</u></p> <p><u>Home modifications</u></p> <p><u>Mobility aids/devices</u></p> <p>Explore what equipment can be borrowed at no cost to offset renovation costs, in your resource kit.</p> <p>Learn about the requirements for privately hiring <u>caregivers</u> including caregiver insurance, salaries, benefits, and submissions for CPP and income tax.</p> <p>Add this budget to your <u>Mywell Health planner</u> section <u>My Financial Plan</u>.</p>	

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.

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