

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. 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..

Resource Kit

Click the underlined words in each activity to explore the online resource kit. The resource kit provides definitions and links to research-based websites, services, resources, tools, videos, and more!

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(It will automatically appear on every page)

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 <u>resource kit</u> 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 <u>home care assessment</u> 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)?	

<div><div>Publicly Supported Care Hours</div><div>Publicly-funded care hours per day or week are determined by your <u>home care assessment</u> and are based on:<div><div>a) Safety and assistance required, and</div><div>b) You or your partner’s yearly income.</div></div><div>Learn about the difference between publicly and privately-funded <u>home care services</u>.</div><div>Based on your home care assessment, how many hours per day will be provided by the public health system?</div></div></div>	
<div><div>Care by Your Care Partners</div><div>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.</div><div>Identify anyone among your <u>care partners</u> who is interested in providing personal care and assistance as paid work?</div><div>Consider finding self-employed <u>caregivers</u> within your community, through your church, among friends and neighbours, or through family connections.</div><div>Explore the option of sharing your home or a suite with a <u>caregiver</u> in exchange for care hours.</div></div>	

<div><div>Exploring Private Services and Agencies</div><div><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></div></div>	
<div><div>Choosing Private Home Care Services</div><div><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.</div></div>	

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.

Notes for Coordinating Health Care Services

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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