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## How to find a home care provider (Checklist)



### Types of aging in place services

Non-medical home care for seniors covers these primary areas of need:

- Help to sit and stand safely
- Walking assistance and supervision: help with balance, make sure there are no tripping hazards in the pathway and ready to get help if an unexpected fall occurs
- Seniors who need to be accompanied to appointments, or who need help running errands
- Help to ensure exercise and medications are taken at the proper times
- Help with bathing and dressing
- Email and phone call assistance
- Companionship and socialization (playing games and watching movies)
- Alzheimer's and dementia care
- Home safety and fall prevention assessment
- Seniors who need support following surgery or an injury
- light housekeeping assistance:  
meal preparation, dusting, vacuuming, taking out the garbage, bring in the mail, let the dog out, driven to appointments, running errands and laundry

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**Important disclaimer:** This article aims to show the many benefits to older adults who choose to age in place in the comfort of their homes. This may not be the safest choice for some individuals. Consult with your doctor or physical therapist for advice concerning your specific needs and condition to see if aging in place is right for you.



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## How to find a home care provider (Checklist)

When it comes to finding a senior home care provider, you can't just settle for the first option that pops up in Google. It's important to do some research before deciding on an agency or individual from which your loved one will be receiving care services in their own home. Keep reading below and we'll walk through our favorite ways of how best go about this process!

Make a list of your needs and show it to your doctor to make sure that it is complete

Consider such services as respite care, transportation, medication management, help dressing and bathing

Ask your doctor, family, or friends if they can recommend a home care provider

Research reviews of potential providers on social media sites like Yelp or Google Reviews

Research in-home senior care providers to see if they provide the services that you need

Call the provider and ask for references and contact them

Find out how much they charge per hour or day, and see if it is affordable for you

Ask how they vet their caregivers and see if they do background and/or drug testing

Ask about their cancellation policy - some companies will charge fees if you cancel after signing up with them

Are they adequately staffed so that they can meet your needs?

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### How to find a home care provider (Checklist)

Check whether they have been in business long enough to be established as a reputable company

How many hours of service do you need per week? Can they accommodate that?

Consider if you need a live-in caregiver or just someone to help with tasks like cooking and cleaning

Find out what is included in the service and what isn't included with each company

Ask about qualifications, training, experience, certifications, and insurance coverage

Visit their office in person to start an introductory discussion before deciding

Ask them "What would happen if I needed assistance during hours when there was no staff?"

Ask "How do I know who will be coming into my home?"

Also ask them what happens if one of their employees becomes sick and cannot come into work

Ask about the company's policies and procedures

Get a written contract that includes all the information you discussed, including rates, hours, and services to be provided

Make sure it's a good fit for both the caregiver and the senior living in place before signing anything!

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