



## Choosing the Right Level of Care: Getting Started

Before you begin looking at home healthcare agencies or individual providers, it's important to first determine exactly what kind of care that your loved one needs. Some of the factors that you should consider include their level of independence, their physical and emotional condition, as well as their lifestyle preferences.

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Depending on individual needs, there are various options in home healthcare that are available.

### **Hourly Home Care**

Hourly home care includes assistance for those seniors who are able to manage some things on their own, but may need help with other tasks such as medication management, bathing or dressing, light housekeeping, meal preparation, shopping or who might simply want companionship.

### **Professional Care Management**

Care management can include assistance with personal matters such as trust and disability management, crisis intervention, budget preparation, coordination with medical providers as well as other tasks.

### **Senior Living Options**

If you or your loved one is no longer comfortable living at home or you don't feel safe, there are many alternatives available such as independent living, assisted living, nursing facilities etc.

There are many agencies that provide home healthcare options or placement services. However, it is important that you determine what your needs are first and then find a reputable, licensed, bonded and insured agency that offers the right level of care.

