



The Journey to In-home Care

HOME CARE PLANNING GUIDE



ATRIO[™]
HOME CARE

Hi, we're Atrio Home Care.

We meet the needs of aging adults by uniting two distinct providers: Atrio Help at Home and Atrio Home Health. Our Help at Home Private Duty services assist seniors with daily tasks and provide much-needed companionship. The Atrio Home Health team provides skilled services like physical rehab and nursing care to help seniors get back on their feet after surgery, illness, injury, or hospitalization. Both administer their care in the comfort of their clients' homes.

Getting started with home care can be confusing, emotional, and overwhelming for families. This document will walk you through information about home care, share signs that your loved one could be ready for the extra help, and even give you pointers on starting the conversation.



An Aging Population and a Growing Demand

54M

There are currently about 54 million Americans over the age of 65.

20M

By 2050, it is estimated there will be nearly 20 million people over the age of 85.*

*as of 2019, per [acl.gov](https://www.acl.gov)

9/10

In a study conducted by AARP, 9 out of 10 older adults wanted to live (and age) in their homes as long as possible.

For Caregivers, Too.

Caring for loved ones is something that many people are willing and eager to do. But, balancing their care on top of work and the demands of other family members (e.g., young children) can be taxing. Home care can provide respite and extra help when you need it.

**24.4
HOURS**

Average amount of time/week family members spend caring for their mom, dad, or spouse.*

1 IN 4

Spend 41 hours or more per week.*

*Caregiver Statistics.
[Caregiver.org](https://www.Caregiver.org)

To help alleviate some of the worry and responsibility that caregivers take on, your loved one's home can also be equipped with technological tools and adaptive devices, such as telehealth monitoring. We can help evaluate needs and outfit their home to make it safer and more comfortable.

The Different Types of Home Care

Home care is not a one-size-fits-all solution. With two distinct providers, Atrio Home Health & Atrio Help at Home, we are able to cater to each client's needs and structure their care so that they can maintain as much independence as possible.

	Help at Home	Home Health
Best for:	In-home help for seniors including personal assistance, household services, and life enrichment. Those who are looking for some assistance with everyday activities to maintain their independence.	Provides a variety of short-term clinical services, including nursing, therapy, and rehabilitation services. Those recovering from surgery, hospitalization, or dealing with a chronic illness.
Services are provided by:	Private duty aides, massage therapists, and licensed nurses (when nursing care is not covered by insurance).	Healthcare professionals: registered nurses, licensed therapists, dietitians, social workers.
Services offered:	<ul style="list-style-type: none"> Personal Care Life Enrichment Navigation of Care Home Safety/Technology Coordination of Transportation Services Housekeeping Meals Respite Medication Setup & Reminders Live-in & Travel Aides Massage Therapy Private-pay Nursing Care 	<ul style="list-style-type: none"> Physical Rehab Disease Management Nursing Care Wound Care Care Coordination Occupational Therapy Mental Health Nutrition Telehealth Home Safety/Technology Medication Management Speech Therapy Infusion Therapy
How do you qualify?	Anyone who is looking for extra assistance around the home, or wishes for additional private pay nursing and therapy services.	Home health care must be prescribed by a doctor and clients must meet the qualifications determined by a home health evaluation.
Covered by insurance?	No Help at Home services are private pay, but long-term care insurance is accepted.	Yes Covered by most Medicare and many other insurance plans. Not sure if you qualify? Give us a call and we can check your benefits.

When is the right time to start home care?

We've put together a series of questions that get you thinking about your loved one's typical day or their current health status. How you answer these questions can help determine if they could benefit from our Help at Home private duty services (not covered by insurance) or our Home Health services (covered by most insurances).

Y N Help at Home

- Can they walk from room to room without the risk of falling?
- Do they grocery shop and cook on their own?
- Are they able to maintain a clean home?
- If they have pets, are they able to care for them?
- Are they attending social and family activities regularly?
- Can they get out of bed easily, dress without assistance, and maintain good hygiene?
- Can they make and attend their appointments and manage their own medications?
- Are they able to remember recent events and the names of people close to them?
- Do they remember to turn off stovetops, water, and appliances?
- Can they come and go from their home without confusion?

The more "Nos" you have, the more likely your loved one needs support. However, even if there are just a couple of areas of concern or you are simply worried about their safety, home care can be added in to fill these gaps and provide support as needed.

Y N Home Health

- Have they been recently hospitalized?
- Has your loved one received a new diagnosis?
- Is your loved one recovering from an injury, illness, or surgery?
- Do they have wounds that aren't healing or are they having frequent infections?
- Are they experiencing increasing weakness, decreasing mobility, or uncontrolled pain?
- Have they recently started a new medication?

If you answered "Yes" to any of these questions, your loved one may qualify and benefit from Atrio Home Health services. If home care hasn't been prescribed by a doctor, remember that you or your loved one can always advocate for yourselves if you feel help is needed.

Having the Conversation

This can be the hard part. Older adults, especially those hoping to age in place, can be hesitant to receive any sort of help. They view it as their independence being taken away from them, but the opposite is true. Home care is what helps them remain independent. When possible, planning ahead is always the best way to prepare for our changing healthcare needs. It's never too early to have the conversation. Coming from a place of understanding is extremely important here—considering your loved one's goals, wants, and wishes for the remainder of their life will help you see how home care could fit in. Here are a few tips to help make the conversation easier for both you and your loved one:



Sooner Rather Than Later

Even before your loved one may need care, asking about their wishes for the future can help set you up for success when the time comes.



Prepare Talking Points

Make observations and write them down so you're ready when the time comes.

"Mom, we've been making hospital visits more frequently lately..."

"Dad, you've fallen twice now while no one else was in the house..."

"I've noticed you've been skipping meals..."



Don't Be On the Attack

Then, offer suggestions and give them a chance to voice their opinion.

"I see you've been struggling to get your laundry done and keep up with cleaning the house. Did you know someone can come and help take care of that for you?"

As opposed to.... "Mom/Dad, you need help. You can't do this on your own."



Be Understanding

Your loved one doesn't want to feel like they are losing control of making their own decisions. Listen with your full attention, give them time to reflect, and ask questions about how they feel.



Bring in Backup

In addition, you and your loved one should consult with other family members, their physician, financial advisor/accountant, lawyer, or religious leader to help make the decision. We also have experienced, compassionate social workers available to help you navigate the process.

The Benefits of Using a Home Care Agency

A Higher Standard of Care

Sometimes, people will look to more informal care, seeking out a relative, neighbor, friend, or private party to help care for their aging loved one. Although hiring someone on your own may be less expensive, there are some negatives to be aware of when hiring someone privately:

HIRING ON YOUR OWN	HIRING AN AGENCY
You're responsible for the background check, hiring, firing, taxes, etc.	Screening, hiring/firing, payroll, insurance, and taxes are all handled.
If they can't come as scheduled, it's up to you to find a replacement.	Can accommodate unpredictable or inconsistent hours; if one caregiver cannot be there, there are others available to step in.
You may need to buy liability coverage in case of an accident.	Agency covers caregiver liability.

Our Screening Process

At Atrio Home Care, experience and compassion are key — because better caregivers mean better care. That's why we only hire the most attentive and skillful professionals and individuals. In fact, each candidate undergoes an extensive screening process, which ensures that every healthcare professional on our team has the qualifications needed to fulfill the many needs of our clients. Even though it is not required, our Help at Home Private Duty Aides undergo the same screening process, ensuring that we can provide a higher level of care.

Start the Journey to Home Care with Atrio

Give one of our two locations a call and we'll be happy to answer all of your questions, explain eligibility, and lay out the next steps to starting the journey.

ATRIO HELP AT HOME

Grand Rapids

P: (616) 233-4142

Lakeshore

P: (616) 796-3800

ATRIO HOME HEALTH

Grand Rapids

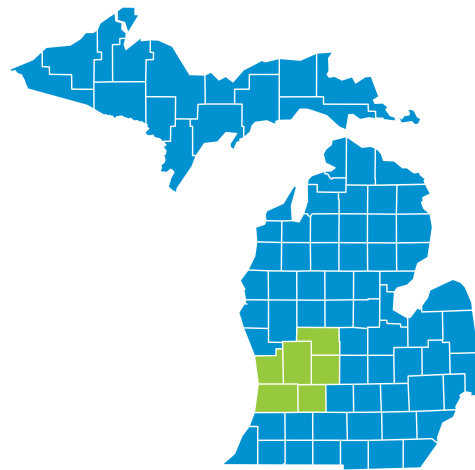
P: (616) 235-4663

Lakeshore

P: (616)-796-3838

WHO WE SERVE

Atrio Home Care serves clients in their own private home, the home of a loved one, or at independent living residences in Kent, Ottawa, Allegan, Barry, Ionia, and Montcalm counties.



The More You Know, The More You Can Help

To further your knowledge and gain resources to help with the journey to in-home care, visit the following web pages.

In-Home Technology

atriohomecare.org/smart-homes/

Home Safety Webinar

<https://youtu.be/Is3SZME-XPg>

Podcasts

www.thisdayandage.org