

## 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.