



# How to Identify the Need for In-Home Care

SFSP Rocky Mountain Chapter

Jonathan Wells / David Peck

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# Home Care Assistance

- 5 offices in metro area servicing from Boulder to Colorado Springs. 225 offices nationwide, and in Australia, Germany, Puerto Rico and Canada.
- Provide the additional support that older adults need in order to live happy and healthy in their own home.
- Differentiators:
  - Holistic approach using our Balanced Care Method
  - Cognitive Therapeutics Method and Music in Memory
  - Cutting edge technology –Roobrik, Enrichment Guide, Echo Show
  - Premier service in our industry including an individualized care plan as well as regular communication with the family and other health care support.



# 7 Changes That Reveal the Need for Support at Home

- Mobility Problems
- Medication Errors
- Problems with Cooking or Shopping
- Poor Hygiene
- Driving Problems
- Wandering
- Social Isolation



# Mobility

- According to the National Council on Aging, “Every 11 seconds, an older adult is treated in the emergency room for a fall.”
- They will deny it in most cases
- Since last visit, do they appear more frail or unbalanced?
- Do they have a mobility device (or do they need one)?
- Virtual visits make this determination more difficult.
  
- An in-home caregiver can integrate [fall prevention strategies for seniors](#) in their home by making sure that fall hazards in the home are mitigated.
- Also integrate healthy movement and strengthening.



# Medication Errors

- Is there a medication management system in place and who is managing this?
  - Review their medication list or look in the medicine cabinet.
  - Does the medication system seem disorganized and chaotic?
  - Are there any expired medications?
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- An in-home caregiver can help maintain the medication schedule, remind the person to take their medication on time and in the correct doses.
  - Also can alert the family to any discrepancies.



# Problems with cooking or Shopping

- Are the refrigerator and kitchen cabinets a mess or bare or do they contain a variety of fresh foods that are not expired?
  - Are they able to follow a recipe? Are they eating frozen foods that are high in fat, salt and sugar content?
  - Over time cooking becomes a burden.
  - Do they forget to turn off the stove?
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- An in-home caregiver can help plan and prepare meals that are healthy and well rounded and tailored to the person's diet and taste.
  - Healthy foods are the foundation of a healthy lifestyle.
  - Also prepare meals for later consumption.



# Poor Hygiene

- Poor hygiene is a huge red flag that something is wrong.
  - Is there a physical problem that makes it difficult or unsafe to bathe or shower.
  - Perhaps they forget to bathe, doesn't like the cold, or is afraid of falling due to cognitive impairment.
  - Poor hygiene leads to more frequent bacterial infections and UTIs which are common drivers of hospital admissions.
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- An in-home caregiver can institute a bathing schedule, help make sure it gets accomplished safely and with the most comfort, and can identify infections when they come up
  - Also can do bed bathing if necessary.





# Driving Problems

- Look for dents and dings in the car.
- Most will be stubborn to give up the keys to the car, so persistent conversation and pressure from doctors or authorities might be necessary.
- This is one of the last bastions of control a senior might have, so it is difficult for them to perceive a life beyond driving.
- An in-home caregiver can provide transportation anywhere and anytime rather than relying on public transportation or when family can help.
- Also can make sure important appointments are kept.





# Wandering

- Wandering behavior is common in people with dementia.
- This problem may start slowly with your parent leaving the house unattended either on foot or by car without telling anyone.
- Getting lost is another sign that this is happening.
- An in-home caregiver can provide protective oversight to make sure to redirect the wandering behavior.
- Also can suggest prevention measures like locks on doors, signs, or knob protectors.



# Social Isolation

- Social isolation and loneliness affect many older adults, and the situation has worsened with quarantine mandates.
- If no longer driving or visiting with friends and family, social isolation is increased.
- Virtual is better than nothing, but physical connection is the best prevention for loneliness.
- Socialization is one of the best ways to prevent depression, anxiety and overall brain deterioration.
- An in-home caregiver provides social interaction and can tailor our Balanced Care Method to their taste and abilities.
- Also integrates cognitive interaction, exercise, healthy meals...all cornerstones of healthy lifestyles.



# What Can You Do Professionally?

## Prepare Families:

- Send our Life Enrichment Guide
- Connect them to resources they need
- Be realistic about the numbers
- Make sure **Long Term Care** has a place in every financial or estate planning discussion





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