

A Concise Guide to Choosing a Home Care Agency

by

A-1 Home Care Agency



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Introduction

Seniors and elderly individuals with disabling conditions are obtaining easier access to non-medical care in the form of home care agencies.

What's there not to like about staying home and having a trained home health aide come to you? Family members get the peace of mind they deserve. And most importantly, seniors get a chance to stay in their homes for as long as possible.

The benefits of opting for a reliable home care agency go beyond just having a companion on standby, but with services expanding far and wide, nearly every aspect of non-medical assistance one could need is now available.

Needless to say, the home care industry has reached new heights.

The Costs

Opting to go with a home care agency can relieve both financial and emotional stress.

Understanding the Costs

The home care industry has its shares of ups and downs. Many are struggling to survive due to the rising demands of caregiver wages along with the consistency of client signings.

When agencies fail to sign clients, they struggle to stay afloat.

On top of this, insurance coverage is another issue many agencies face as there's a high bar set for reimbursement. Yet, access to non-medical services like companionship, food

preparation, and overnight care can prevent hospital readmissions – which have shown to be extremely costly – and even go as far as to avoid being transferred to long-term facilities.

It goes without saying that most people want to stay at their homes for as long as they can.

With that being said, family members will try their best to provide as much support to their ailing loved ones as they can by providing an

assortment of basic personal services. However, time consumption along with the stress of assisting them takes a toll over time. Most families don't realize that personal care for a frail senior becomes arduous and perhaps even overwhelming after months pass by – hence the need for a helping hand.

Without consistent access to in-home care services, some elderly or disabled patients may find themselves back in the hospital.

On a side note, it's important that you don't get confused with agencies that offer medical vs. non-medical services. Prior to committing to the organization, ensure that the agency can offer you

the exact services that you require. For instance, home health aides offer skilled medical care such as checking the patients' temperature, pulse, respiratory rate, and more. Typically, they'll visit a home as much as the patient needs but for shorter periods of time than home care aide visits.

In order to combat this, we at A-1 Home Care Agency offer affordable options for families in need of services such as in-home care, respite care, hospice care, and more. Additionally, we are Long-Term Care (LTC) and Veteran's Administration (VA) providers.

Lifestyle Changes

Caregivers will evaluate the patients' surroundings and suggest changes for improved safety measures.

Lifestyle Changes

Many of these advantages come from seeing patients in their natural environment. For example, once a trained caregiver enters the home, he or she can immediately address diet concerns and evaluate the environment as well.

If the caregiver is tending to a patient that's been diagnosed with diabetes, and his refrigerator is stocked full of cinnamon raisin bread and cheesecake, it doesn't take

a licensed nutritionist to understand that a significant change needs to be made.

Caregivers will evaluate the environment as well. Areas that lack nonskid padding underneath or have electrical cords sticking out get sorted right away so any accidental falls become minimal at best.

Another cause for concern with the elderly stems from the fact that they're lonely. The patient might have

lost his or her spouse. This sense of isolation and carrying on an independent mindset only leads to a myriad of common issues in the future. The common term people tend to use is "aging in place".

Don't get me wrong, independent living can be successful if the senior has the right support system around him or her - whether it's a private or family caregiver.

Nonetheless, you'll want to plan ahead. Keep in mind and think about the kinds of help you will want in the future. He or she might not require it as of now, but evaluate the situation beforehand - in due time things will have to change. And, as you already know: everyone has a different

situation.

Remember, you can get almost any type of assistance in your home - it just depends on the type of assistance that you require.

In the aforementioned chapter, I discussed costs. To reiterate, expect home health aides (which provide medical care) to come at a higher cost than your average caregiver (which provide non-medical services).

Again, it ultimately depends on your loved one's specific needs - but understand that these care professionals are flexible and versatile, so don't be afraid to inquire about any type of specific service.

Restoring Balance

*You don't have to feel
trapped in a corner and null
of options. There's hope.*

Restoring Balance & Providing Respite

Hiring a caregiver provides respite for family members looking after their loved one and allows them to return to their responsibilities knowing that they're not neglected.

"There are a lot of family members that don't feel comfortable providing certain aspects of home care," says Robert Salcedo, Accounts Manager at A-1 Home Care Agency.

"Coming to us, we get someone that's experienced

in providing in-home care services to perform the task, so it eases the mind of both the patient and the family member."

For example, the situation might be that the wife has dementia and the husband requires a short break.

"Families are providing consistent care to their loved ones (both day and night). We'll have clients call and they're stressed out, agitated, and at their breaking point,"

Salcedo says: "They'll notify us on what they need and provide us with a schedule that we work with. In turn, it allows them to clear their heads and come back to their household with more energy and a better in-home relationship than before."

It's important to note that there are various types of home care companies - the size, ownership, and composition.

Generally, you'll find that these businesses operate under a franchise or independent ownership. Note that each has their pros and cons.

Franchised agencies are more known the public due to their established marketing strategies and plans. The franchisor typically sets the policy and

and procedure decisions, along with the pricing.

Independent agencies will establish their own procedures, pricing structure, and care processes. You'll typically find that independent agencies have been providing care in the community much longer. We at A-1 have been providing in-home care services for over two decades.

Our goal at A-1 Home Care Agency is to provide affordable and accessible home care and caregiver services to those in the Los Angeles, Orange County, and San Gabriel Valley areas. With safety always at the forefront of every agency, we at A-1 Home Care Agency ensure that every patient remains in good hands.



Epilogue: A Personal Decision

*The final say ultimately lies
with you and you alone.*

Epilogue: A Personal Decision

There are a number of considerations when choosing whether to go with a home care agency or stick with a family caregiver. However, we at A-1 Home Care hope this guide starts you out on the right when making your choices.

We will work together with your needs to find the right fit and help your loved one live peacefully within the confines of his or her home.

When you and your loved one are ready to make the leap are ready to opt for appropriate in-home care, please contact us (949) 650-3800.