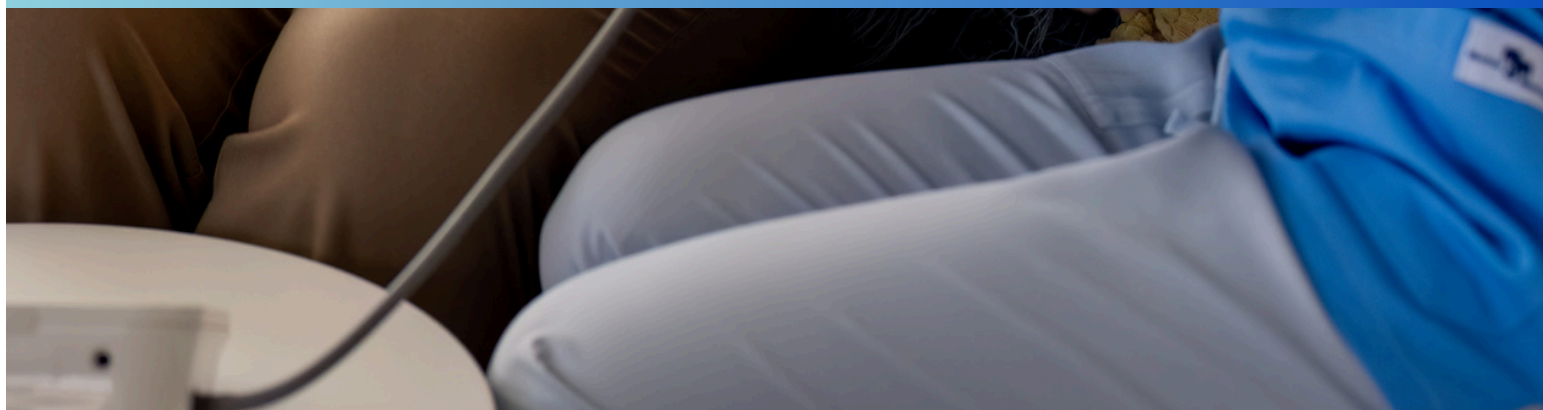




A GUIDE TO: **CAREGIVING RESOURCES**



PREPARING YOURSELF FOR CAREGIVING

Questions to Answer If You're Considering Being a Caregiver

Personal Readiness

Do you have the time, physical ability, and emotional resilience to provide ongoing care?

If not, what additional support will you need?

Financial Planning

Does your loved one have long-term care insurance or savings for caregiving expenses?

What costs might you need to cover?

Health Needs

What are their current health conditions, mobility limitations, and medication requirements?

Are you prepared to assist with daily medical or personal care tasks?

Family Communication

Have you discussed caregiving responsibilities with other family members?

Will they contribute financially or share caregiving duties?

Legal & Medical Directives

Are powers of attorney, advance directives, and wills in place?

Getting Organized as a Caregiver

Keep a Care Calendar

Use a digital or paper calendar to track appointments, caregiving schedules, and important events.

Create a Contact List

Maintain a list of doctors, insurance providers, legal advisors, emergency contacts, and other essential professionals. Keep multiple copies in an easily accessible location.

Track Medications

Write down all medications, dosages, and schedules. Bring this list to medical appointments to ensure accurate care.

List Caregiving Tasks

Document daily routines, including meal preferences, hygiene needs, and equipment locations (e.g., blood pressure monitor). This allows others to step in if necessary.

Identify Home Modifications

Assess whether adjustments—such as grab bars, ramps, or improved lighting—are needed to make the home safer and more accessible.

Streamline Communication

Consider using a private Facebook group, shared document, or caregiving app to update family and friends, reducing the need for multiple check-ins.

If your loved one can no longer manage their personal affairs, take steps to secure important legal and financial documents, track monthly expenses and bank accounts, and keep a secure record of essential online logins and passwords.

HIRING CAREGIVER SUPPORT SERVICES

There are two primary types of caregiving services: non-medical and Medicare-certified. Understanding the options available can help ensure the safety and comfort of your loved one, whether they're at home, in an assisted living facility, or receiving rehabilitative care.

Home Care (Non-Medical)

Non-medical home care, also sometimes referred to as companion care or private duty care, provides support with daily tasks such as cooking, housekeeping, help with bathing, dressing or toileting, and companionship. Home care does not offer medical help.

Services Provided:

- Light housekeeping
- Grocery shopping and meal preparation
- Bathing and dressing assistance
- Companionship
- Transportation and errand services
- Therapy assistance
- Medication reminders

Home Health (Medicare-Certified)

Home Health, Medicare-certified provides a variety of health and personal care services in the comfort of your own home. These providers are typically used after a hospital stay in lieu of moving into a skilled nursing/long-term care community.

Services Provided:

- Alzheimer's and dementia care
- Stroke, cancer, and heart disease recovery
- Hospice and palliative care support
- Physical and occupational therapy

QUESTIONS TO ASK PROVIDERS

Selecting a Caregiver

Are they company employees or independent contractors?

Have background and reference checks been conducted?

Does the caregiver have liability insurance?

How is scheduling handled, and are there backup options for no-shows?

Are supervisory visits conducted to ensure quality care?

What specific services will be provided?

What procedures are in place for emergencies?

How are services billed?

How will you communicate with the client, family and other applicable parties?

IF YOU NEED EXTRA SUPPORT

There may come a time when their needs surpass what can be offered at home or on your own. If that moment arrives, it's okay to seek additional support. There are many senior care options available to ensure your loved one receives the care, comfort, and dignity they deserve. Below, are some of most common care types to help you find the best fit for their needs.

Assisted Living

- 24/7 staff assistance for activities of daily living
- Social programs and recreational activities
- Private or shared living spaces with communal dining

Memory Care

- Specialized support for individuals with Alzheimer's or dementia
- Secure environment to prevent wandering
- Structured daily routines to support cognitive function

Long-Term Care & Skilled Nursing

- 24/7 medical care and supervision
- Rehabilitation services for post-surgery recovery
- Assistance with all aspects of daily living

Hospice

- Pain and symptom management for terminal illness
- Emotional and spiritual support
- Personal care assistance

ADDITIONAL RESOURCES



Senior Care Finder helps families and individuals find the right senior living or care option with ease. Our platform is transparent, ungated, and designed to connect you directly with providers—no middlemen and no cost. Start your search today at SeniorCareFinder.com.



Answers for Elders is a leading resource dedicated to providing expert advice, educational content, and compassionate support for family caregivers. Their extensive library of articles, podcasts, and decision guides helps families navigate the complexities of senior care. Learn more at AnswersforElders.com.

