

# Family Life

## Is Home Care The Right Choice For Your Loved One?

(NAPSA)—Deciding if caring for an aging loved one at home is the best decision can be easier if you do your homework.

Home care can include both medical services and nonmedical services. If you are wondering if home care is appropriate for your aging loved one, consider the following:

- Experts say that half of all Americans aged 85 years or older need some help with ordinary activities of daily living.

- Depending on where you live, nursing home care in a private room can cost up to \$60,000 a year.

- Home care can offer the advantage of remaining in familiar surroundings and receiving only the level of assistance that is required at that time.

- Even if your loved one is in good health now, chronic and accelerating illnesses often accompany aging, and the state of one's health can change very quickly.

- Helping aging relatives with just one simple task per day such as eating or dressing, can take up to nine hours per week.

- Hiring someone on your own means you will be responsible for malpractice, supervision, background checks, taxes, employee injuries, supervision and determining what services are needed.

- The time to plan for long term care is before a crisis occurs



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so you have time to evaluate your choices.

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- According to a survey by AARP, 82 percent of the people surveyed would prefer not to move from their current home if they needed help caring for themselves.

There are a number of factors to consider when selecting a home care provider, such as what types of services does your loved one require and what are the credentials of the agency you are considering?

To find out more about home care and whether your loved one is safe at home, you can take a free, independent living assessment at [www.homestyleservices.com](http://www.homestyleservices.com).