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Hiring In-Home Care: How to Choose Who To Bring Into Your Home



Betsy Benjamin is the Director of Client Care for an in-home care company that serves the central Illinois cities of Bloomington, Decatur and Springfield. She has years of experience helping families keep their loved ones at home through in-home care. Betsy especially loves building relationships with partners in the eldercare community and meeting with families to find solutions for their loved ones.

What type of help is available?

- **Companion services:** Help with supervision, recreational activities and visiting.
- **Personal care services:** Help with bathing, dressing, toileting, eating, exercising and other personal care.
- **Homemaker services:** Help with housekeeping, shopping and meal preparation.
- **Skilled care:** Help with wound care, injections, physical therapy and other medical needs provided by a licensed health professional. A home health care agency often coordinates these types of skilled care services when ordered by a physician.

What to look for when you choose an agency.

- Finding an agency: <http://www.alzheimers-illinois.org/helpline/>
- Interviewing the agency
 - Minimums / maximums per week
 - Checking references / criminal background checks
- Interviewing the caregiver
 - Emergency availability

Payments / contracts / resources

- Medicare?
- Insurance?
- Veterans benefits? (Aid and Attendance)
- Area Agency on Aging?
- Reimbursement from flexible funds?

Important Resources from the Alzheimer's Association

[ALZ.org/LEARN](https://www.alz.org/LEARN) (Online, On-Demand Video Programs)

[ALZnavigator.org](https://www.alznavigator.org) (Develop a Personalized Action Plan)

800.272.3900 (Nationwide 24/7 Helpline)

[ALZconnected.org](https://www.alzconnected.org) (Online Community / Support)

[ALZ.org/CRF](https://www.alz.org/CRF) (Community Resource Finder)