

Home & Day Care

Many people prefer less drastic options than leaving their home and moving into a nursing home or assisted living facility. For these people, home care or adult day care may be the best option. Both of these involve little disruption of the senior's life, and both allow seniors to live in their own home and still receive the help they need. For these reasons, they are becoming increasingly popular options.



Home Care

Home care is actually a catch-all phrase that covers a variety of services provided to people in their own homes. Home care can be provided by an individual that you hire directly, or by a private or subsidized agency. Some of the home care services that are available include the following:

- **Homemaker and Chore Workers:** Provide light household tasks like meal preparation, cleaning, laundry and shopping.
- **Companions:** Provide companionship to people who prefer not to be left alone; they may also do some light homemaking tasks.
- **Home Health Aides:** Provide personal care services like walking, bathing, toileting, dressing and getting in and out of bed.
- **Skilled Nursing:** Nursing care is provided in the home by Registered Nurses (R.N.s) or Licensed Practical Nurses (L.P.N.s), under the guidance of the patient's doctor.
- **Physicians:** Some physicians visit patients in their homes to diagnose and treat diseases and illnesses, and they will often work directly with other home health care workers.
- **Physical Therapists:** Work on the physical mobility and recuperation needs of patients through exercise, massage and other therapies.
- **Social Workers:** Help with social and emotional issues, and also provide guidance to social and community services.
- **Speech Language Pathologists:** Work with patients with speech disorders.
- **Dieticians:** Provide nutritional counseling and guidance.
- **Occupational Therapists:** Work with doctor and patient to establish educational, vocational and rehabilitative activities, and help to enhance or restore daily function through improving gross coordination, sharpening the senses and restoring mobility.

Day Care

Adult day services involve a planned program at an adult day care center, which provides activities, social interaction, a supportive atmosphere and health information. It is a safe, secure environment for people with a variety of illnesses or health problems, including Alzheimer's disease and other forms of dementia.

The kinds of services provided by day centers vary; some serve the elderly population in general, and some focus on people with specific needs or illnesses. They all provide a combination of socialization and support. Some of the things that typical adult day care centers provide include the following:

- Social activities
- Mental stimulation
- Assistance with toileting, medications, walking and eating
- Group therapy
- Weight, blood pressure and food/liquid intake monitoring
- Meals and snacks
- Exercise