

## SENIOR INFORMATION & ASSISTANCE

Northwest Regional Council  
600 Lakeway Drive, Suite 100  
Bellingham, WA 98225  
(360) 738-2500 or (360) 380-8121

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### In-Home Care: Assessment, Funding & Providers

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**ASSESSMENT:** First, identify the services you need.

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- **Bathing** - standby or hands-on assistance with bathing in tub, shower, or bed.
- **Personal Care** - assistance with dressing, teeth or denture care, shaving, hair care, foot care and grooming needs.
- **Toileting** - assistance with toileting or incontinence products.
- **Ambulation** - help walking, using a wheelchair, or other assistive device.
- **Transfers** - assistance moving to and from wheelchair, tub, bed, toilet, automobile, etc.
- **Positioning** – regular turning or changing an individual's position to avoid discomfort or injury.
- **Eating and/or Feeding** - assisting an individual in the consumption of food.
- **Medication Assist** - reminding and/or assisting an individual in taking medication, at prescribed dosages, and appropriate intervals.
- **Errands/Appointments** - transporting or escorting to store, appointments or errands.
- **Range of Motion** - providing assistance in movement of legs and arms as directed by a physician or physical therapist.
- **Housekeeping** - maintaining a safe, sanitary environment with a special focus on kitchen, bathroom and laundry.
- **Meal Preparation** - preparing nutritious meals for either immediate consumption or later reheating.
- **Supervision** - providing protective supervision for individuals who are not safe left alone because of confusion or poor judgment.

**FUNDING:** Methods of Payment

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- **COPES and Medicaid Personal Care (MPC)** -These are state funded Medicaid programs offering in-home care to individuals meeting income guidelines who would otherwise require admission into a nursing facility. Additional information is available through Home and Community Services at **(360) 756-5750** or Senior Information & Assistance at **(360) 738-2500**.
- **Medicare** - Medicare provides limited, intermittent coverage to homebound persons for skilled in-home care (nursing or physical or occupational therapy) as prescribed by a physician. It does not pay for custodial care (help with walking, housekeeping, etc.). Bathing services may be included while skilled care is being provided.
- **Private Insurance** - Some long-term care insurance policies provide coverage for in-home care. If you have this type of policy, you should consult with the insurance claims department to determine eligibility. Call Senior I & A if you need assistance.
- **Private Payment** - An agency or an individual may be privately hired to provide in-home services. Payment is made from personal funds. See the booklet "How to Hire In-Home Helpers" available from Senior Information & Assistance at (360) 738-2500.

**IN-HOME PROVIDERS:** Agencies, Services and Lists of Individuals

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- **"In-Home Care Provider List": Senior Information & Assistance (360) 738-2500**  
Consists of private individuals who have expressed a desire to work as a caregiver. Our office completes a criminal background check; however we do not check references or employment history. Employment, hours, payment arrangements, taxes, etc. are arranged between the client and the employee. A guide on *How to Hire In-Home Helpers* is available upon request.

- **Home Care Agencies**
- **Catholic Community Services (360) 738-6163 or 800-219- 0335** [www.ccsww.org](http://www.ccsww.org)  
Payment is private pay, private insurance and state funded services (COPEs, MPC, DD). This is a licensed home care agency providing personal care aides and homemaker/chore services. In-home care can be provided for two hours or more. All employees have been screened, interviewed and have had criminal and driving background checks.
- **Home Attendant Care, Inc. (360) 734-3849 or 800-967-8109** [www.homeattendantcare.com](http://www.homeattendantcare.com)  
Payment is private pay or private insurance. This is a licensed home care agency providing personal care aides and homemaker/chore services on an hourly to 24-hour basis. All employees have been screened, interviewed and have had criminal and driving background checks.
- **Sunrise Home Care (360) 336-0798 or 800-984-9044** [www.sunrisecommunityliving.com](http://www.sunrisecommunityliving.com)  
Payment is private pay, private insurance and state funded services (COPEs, MPC, DD). This is a licensed home care agency providing registered nurses, licensed practical nurses, home health aides, personal care aides and homemaker/chore services for minimum of 2 hours up to 24 hour care. All employees have been screened, interviewed and have had criminal and driving background checks.
- **Visiting Angels Living Assistance Services (360) 671-8388 or 866-522-6435**  
[www.visitingangelswa.com](http://www.visitingangelswa.com) Payment is private pay, private insurance, and state funded services (DD only). This is a licensed home care agency providing personal care aides and homemaker/chore services on an hourly to 24-hour basis. All employees have been screened, interviewed and have had criminal and driving background checks.
- **Visiting Nurse Home Care (360) 734-9662 or 800- 551-1510** [www.vnhomecare.org](http://www.vnhomecare.org)  
Payment is private pay, private insurance and state funded services (COPEs, MPC, DD). This is a licensed home care *and* health care agency with registered nurses, licensed practical nurses, home health aides, personal care aides and homemaker/chore services available for a minimum of 2 hours up to 24 hour care. All employees have been screened, interviewed and have had criminal and driving background checks.
- **Circle of Life Caregiver Co-operative (360) 647-1537** [www.circleoflifeco-op.com](http://www.circleoflifeco-op.com)  
Private pay only. This is a licensed worker-owned business that provides personal care services for 2 hours up to 24 hours. Caregivers are experienced, screened, trained, insured and bonded, and have had criminal and driving background checks.
- **Caregiver Network Referral Service 1 (360) 724-4456** [www.caregiver-network.com](http://www.caregiver-network.com)  
Payment is private, paid directly to the self-employed caregiver. This private referral service charges a fee to connect clients to in-home care providers (\$5.00 per visit). Personal care and homemaker/chore tasks are typical services available. Scheduling is flexible. Three hour minimums are preferred. Caregivers have been screened, have had criminal background checks, and carry liability insurance.
- **Home Care Referral Registry – 1-800-970-5456** [www.hcqa.wa.gov](http://www.hcqa.wa.gov)  
A source of qualified in-home care providers for people receiving COPEs services through DSHS.
- **Medicare Home Health:**
- **Signature Home Health Care (360) 671-5872 or 888-870-5166**
- **Option Care (360) 733-7799 or 800- 755-0484**  
Payment at both agencies is Medicare, Medicaid, or private insurance ONLY. These are licensed **Medicare home health care agencies**. All levels of skilled care are available based on physician orders (for example, skilled nursing, physical therapy, occupational therapy, speech or respiratory therapy). If there is a skilled need, a bath aide may be assigned to assist with bathing, dressing, grooming and exercising. Patients must be homebound. Referral is only through a medical provider. All employees have been screened, interviewed and have had criminal and driving background checks.