

Home Care Options



Do you know someone who needs help in order to live independently in their own home? Many seniors cannot deal with their needs of everyday living: getting up and getting dressed, fixing a nutritious meal, remembering to take their medications. They don't need a nursing home, but they cannot fully meet their own care needs either. After age 65, about 17% of the population needs help with these everyday activities of living. By age 85, 45% need this help. The vast majority of home care is provided by family members such as spouses, children, or grandchildren. However, with the increase in dual income families and our mobile society, family members increasingly don't have the time to provide in-home care or are geographically separated from their aging parents. Where can you turn for help?

Adult Day Care Centers – These facilities provide care to seniors during the day and many include transportation from and to your home. Fair Oaks Estates in Carmichael (916-944-2077) and Somerford Place in Roseville (916-772-6500) both offer adult day care programs.

Government Funded Respite Care – Several local organizations provide in home respite care for family caregivers including Del Oro Caregiver Resource Center (916-971-0893).

Hire a caregiver directly – *Caregivers and Personal Assistants*, is an excellent book by Alfred H. DeGraff that explains in detail how to hire and manage caregivers directly. It covers advertising, interviewing, scheduling, training, payroll, taxes, and accounting.

Employ the services of a Home Care agency – You pay the Home Care agency an hourly rate to provide a caregiver to your home. The agency is responsible for hiring, and managing the caregiver. This includes background checks, payroll taxes, liability insurance, and bonding. There are many reputable Home Care agencies in the Sacramento area.

Craig Falk, President, Craig Cares, “helping you live independently at home”.