

FREE FAMILY PLANNING GUIDE

Is it time for home care?

A practical guide for families who aren't ready to make a decision yet — recognize the signs, start the conversation, and understand your options at your own pace.

YOU DO NOT HAVE TO DECIDE TODAY

This guide is here to help you think through what your family may need — now, or later.



Healthcare Support
HOME CARE SERVICES

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CHAPTER ONE

Start with the signs

Home care is often a gradual decision, not a sudden one — and the signs tend to show up quietly, one at a time.

You may notice small changes before there's an obvious need for help. One sign by itself may not mean much, but several changes together can be a signal that extra support would make daily life safer, easier, or less stressful.

01 **Personal care is becoming harder**

Bathing, dressing, grooming, toileting, or moving around the home takes more effort than it used to.

02 **Meals are skipped or nutrition is slipping**

The refrigerator is often empty, food is spoiled, or preparing meals feels overwhelming.

03 **Medication routines are inconsistent**

Doses are missed, taken late, or there's confusion about what should be taken and when.

04 **The home is getting harder to manage**

Laundry, dishes, clutter, or basic housekeeping are piling up because of fatigue or limited mobility.

05 **Driving and errands feel less safe**

Appointments, shopping, or social activities are being missed because transportation is difficult.

06 **Loneliness is becoming more noticeable**

There's less social interaction, fewer activities, or a loved one seems isolated for long stretches.

07 **Family caregivers are stretched thin**

You're trying to balance care with work, children, sleep, or your own responsibilities, and it's becoming difficult to sustain.

"What would make everyday life feel safer or easier right now?"



CHAPTER TWO

How to start the conversation

Support is easier to discuss when the focus stays on independence.

Families sometimes wait because they're afraid that bringing up home care will feel like taking independence away. A better approach is to frame support as a way to protect the routines, choices, and comfort your loved one already values.

1

Lead with what matters

Start with the person's goals: staying at home, keeping familiar routines, getting to appointments, or having more energy for the things they enjoy.

2

Talk about one need at a time

Instead of discussing "care" broadly, begin with something concrete — help with meals twice a week, transportation, companionship, or a few hours of respite.

3

Keep the decision collaborative

Ask what kind of help would feel acceptable. Let your loved one have a voice in schedules, caregiver preferences, and what support looks like.

TRY THIS LANGUAGE

"What if we tried a little help with the things that are taking the most energy?"

"We can start small and adjust if it doesn't feel right."

There's rarely a single right moment for this conversation. Many families find it easier to bring it up during a calm, ordinary day — not right after a scare or a hospital visit — so everyone can think clearly and nobody feels rushed.



CHAPTER THREE

A simple readiness checklist

Use this page as a private family planning tool.

- ☐ Daily personal care tasks are becoming difficult or unsafe.

- ☐ Meals, hydration, or medication routines need more consistency.

- ☐ There have been recent falls, near-falls, or mobility concerns.

- ☐ The person spends long periods alone and would benefit from companionship.

- ☐ Transportation is limiting medical appointments or everyday errands.

- ☐ Household tasks are becoming physically difficult to keep up with.

- ☐ Family caregivers are frequently exhausted, missing work, or unable to take breaks.

- ☐ The person wants to remain at home but needs more day-to-day support.

- ☐ We would feel better knowing someone dependable could check in regularly.

- ☐ We're not ready to begin services, but we want to understand our options before a crisis.

HOW TO READ YOUR CHECKLIST

If you checked several items, it may be useful to learn about support before you urgently need it. Planning early gives your family more time to compare options, talk through preferences, and make decisions without pressure.



CHAPTER FOUR

What home care can help with

Non-medical support can be flexible and tailored to everyday needs.

Personal Care

Bathing, grooming, dressing, hygiene, and other activities of daily living.

Companionship

Conversation, activities, social connection, and emotional support.

Meal Preparation

Help planning and preparing meals based on preferences and dietary needs.

Medication Reminders

Friendly reminders to help keep medication routines on track.

Transportation

Rides to appointments, errands, and community activities.

Light Housekeeping

Support keeping the home clean, organized, and comfortable.

Respite Care

Temporary relief so family caregivers can rest, work, travel, or recharge.

Flexible Scheduling

Care can often begin with a small amount of support and change as needs change.

UNDERSTANDING PAYMENT OPTIONS

Healthcare Support Home Care accepts:

Private Pay

Long-Term Care Insurance

Medicaid EDWP

EDWP was formerly known as CCSP and SOURCE.



CHAPTER FIVE

Questions to ask any home care agency

You can use these questions even if you're only gathering information.

- 1 How do you screen and select caregivers?

- 2 How do you match caregivers with clients and families?

- 3 What happens if the first caregiver match isn't the right fit?

- 4 How do you communicate with families about changes or concerns?

- 5 What services can be included in a care plan?

- 6 Can care begin with a limited schedule and increase later?

- 7 What are the minimum hours or scheduling requirements?

- 8 What payment options do you accept?

- 9 How do you handle schedule changes or caregiver call-outs?

- 10 Who should the family contact if they have a concern?

WHAT YOU'RE LOOKING FOR

Clear answers, realistic expectations, responsive communication, and a willingness to keep working with your family when needs or preferences change.



CHAPTER SIX

Your "not yet" plan

You can prepare now without committing to services.

1

Write down the top three concerns

Focus on what's making everyday life harder or what your family worries about most.

2

Identify who should be involved

Decide which family members, physicians, case managers, or trusted friends should be part of future conversations.

3

Gather key information

Keep insurance information, medication lists, emergency contacts, preferences, and basic care history in one place.

4

Know your trigger points

Decide what changes would prompt you to reconsider home care — for example, a fall, missed medications, increasing isolation, or caregiver burnout.

5

Have one agency you can call

You don't need to hire anyone now. It can still be helpful to know who you'd contact if circumstances change quickly.

A little bit of planning now can save your family a difficult scramble later.

KEEP THIS PAGE

Fold this into a folder with your family's other important documents, and revisit it whenever something changes. It costs nothing to be ready.



You can reach out before you're ready to begin.

Sometimes the most helpful first step is simply understanding what support could look like. You're welcome to ask questions, talk through concerns, or learn about options without committing to care.

HEALTHCARE SUPPORT HOME CARE SERVICES

404-375-7808

inquiries@healthcaresupporthc.com

www.healthcaresupporthc.com

Questions are welcome — no pressure

*"To provide compassionate care for both clients and staff,
creating a culture of support and love."*