

# Thrive Tip

Dementia Real Talk,  
Episode 2004

CARE  THRIVE

Rise Up to Be a Care-Thriver

## In-Home Care: Considerations and Questions

There are several levels of assistance to consider when you may need a bit of support on your journey with dementia. In-Home Care is a great resource to use when you need help with the everyday needs and socialization.

Let's face it, we ALL could use a bit of assistance every now and then. When navigating your world with dementia, it is important to equip yourself with the resources to help you continue living where you want to live.

Vickie Harris, Executive Director of Mending Hearts, LLC, explained on this podcast that in-home care provides assistance for what your non-skilled needs are.

### **Types of care provided by In-Home Care:**

Personal Care Assistance  
Light Housekeeping  
Companionship  
Meal Preparation  
Transportation & Errands  
Laundry  
And More....

### **Questions to Consider When Choosing an In-Home Care Provider**

1. What are my care needs?
2. Are the care partners CPR certified?
3. How are they trained to understand dementia and how to provide help while allowing me to use my existing abilities?
4. Do they work for an agency and are they bonded?
5. Does the agency perform background checks and abuse registry checks?
6. Does the agency provide backup for vacations or sick days for their team members?
7. Can you provide references?

For all Your Dementia Thrive Needs, Contact Care and Thrive  
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