

Care Aides Care - Kamloops

Compassion - Dignity - Respect



Home Care Planning Guide



*Is it time to get home care help?
Talking with your loved one about
options. Choosing the right home care
help.*

Is it time to get home care help?

When a person you care about needs extra care.

How to go about getting home care can be confusing and overwhelming for families.

The difficulty often begins with simply deciding if now is the time to hire home care help, especially if it's for a parent, grandparent or spouse who once took care of you. You want to make the right choices for their well-being and your peace of mind, but you also want to honor their pride and dignity. How to coordinate care with their current physicians or other health care providers and how to pay for it are things you may have to consider, too.

We created this Home Care Planning Guide to help you find the right solution for making sure your loved one has the care they deserve, no matter which direction you go.

It all starts with asking the right questions.



Who is Care Aides Care?

Care Aides Care essentially began in 1994 when I began my journey in health care graduating from Cariboo College/Thompson Rivers University in Kamloops BC. I began working in Maple Ridge Hospital, Maple Ridge BC. After 27 years in healthcare I wanted to help people live in their own homes rather than a hospital or assisted living setting, allowing for people to live happier, healthier lives. I have been providing care to aging and young adults who have Alzheimer's, Dementia, physical and/or mental disabilities in hospitals and care homes in Maple Ridge and Kamloops, BC, since 1994. Your loved ones will receive respectful, compassionate care, and that's my promise to you.

IS IT TIME TO GET HOME CARE HELP?

Questions to help you determine their need for extra care.

Living in their own home is what most people want as they age and, in many cases, it's the most cost-effective solution. To help determine if it's time to find in-home care for your mom, dad or other loved one, think about what a typical day is like for them.

Y	N	
		If the phone rings, do they hear it and answer it in a safe and timely manner?
		Can they hear the other person on the phone and have a conversation?
		Do they store food safely and throw it away when it's no longer safe to eat?
		Do they keep their kitchen, living room, bedroom and bathroom clean?
		Do they clean up after meals? Wash dishes, put them away, wipe down surfaces?
		Do they see to it that the lawn is mowed, yard is tended to and sidewalk and driveway are shoveled, if needed?
		Are they doing their own laundry? Carrying it safely into the laundry room, transferring it from washer and dryer, folding it and putting it away?
		Do they drive safely and with confidence? To the bank, store, place of worship or to friends' and relatives' homes?
		Do they shop for their own groceries, selecting and paying for healthy foods and transferring the groceries from store and car to kitchen?
		Do they stay on top of their finances such as paying mortgage or rent, utilities and other bills?
		Are they attending social and family activities they enjoy, like book club, bridge club, going to restaurants, religious services, reunions, birthday parties, etc.?
		Do they talk and socialize with their friends, neighbors or relatives regularly?
		Are they able to do the activities they enjoy on their own, such as crafts, light gardening, puzzles, etc.?
		Are they able to take care of any pets they have, taking them for walks or cleaning litter boxes and cages?

If you answered **NO** to any of the above questions, then your loved one might benefit from companion care. The more "Nos" you check, the more likely they need support.

IS IT TIME TO GET HOME CARE HELP?

Y	N	
		When your loved one wakes up, can they get out of bed easily?
		Can they walk from the bedroom or bathroom to the kitchen without risk of falling?
		Can they get into the shower or bath safely?
		Do they bathe regularly and completely?
		Do they groom themselves and maintain good overall hygiene? Brush teeth, shave, comb hair, trim nails, etc.?
		Do they dress in clean clothes and put dirty clothes in the laundry?
		Do they prepare and eat regular nutritious meals, following any special dietary requirements?
		Do they take the right prescription dosages at the right time?
		Can they manage any illness needs (e.g., testing blood sugar) safely and effectively?
		If they require medical equipment (e.g., oxygen), can they manage it on their own?
		Do they make it to their medical appointments and understand their plan of care?
		Do they get at least 30 minutes of exercise that's safe for them every day?

If you answered **NO** to any of the above questions, then your loved one might benefit from skilled* and/or personal care. The more “Nos” you check, the more likely they need support.

Y	N	
		Can they remember events from the previous day or week? Are they able to remember names of people close to them?
		Do they always remember to turn off burners and running water?
		Do they continue to come and go from their home without confusion?
		Are you able to go through your day without worrying about their safety?

If you answered **NO** to any of the above questions, then your loved one might benefit from care caregivers who are experienced in caring for those with memory loss.

IS IT TIME TO GET HOME CARE HELP?

Talk with family and others.

Understanding a loved one's need for care should also come through discussion with family members and others involved with their care. Part of that discussion should include whether or not family members or others are available, willing and able to provide the level of care that's needed.

As you explore home care options, it's also important to consult with the professionals in your loved one's life such as their:

- Physician or specialist
- Nurse practitioner
- Pharmacist
- Financial planner or accountant
- Long-term care insurance provider
- Lawyer
- Social worker or mental health professional
- Religious leader

Next steps.

Once you've completed the exercise and discussions, you should be better prepared to talk with your loved one about the right care options that will help them live at home safely and happily.



The average amount of time per week family members spend caring for their mom, dad or spouse*.

What's the difference between companion care and personal care?

Companion and personal care are generally considered non-skilled or non-medical care that does not require a nurse's specialized expertise, training and skills.

- Companion care accommodates safety and well-being needs such as help around the home or transportation to and from places
- Personal care is hands-on care, such as help with bathing or mobility, typically performed by a Certified Nursing Assistant or Home Health Aide



Talking about home care help.

If you feel your mom, dad or other loved one could benefit from home care, the next step is to talk with them. To help make the conversation easier for both of you, we've prepared a list of dos and don'ts.

Do	Don't
Begin having conversations about their health sooner rather than later.	Don't put it off. If they have any memory loss or risk of falling, delaying the conversation may make it more difficult for them.
Prepare questions to ask and points you want to get across in advance.	Don't tackle the conversation on the spur of the moment, but don't treat it like a business meeting either (i.e., referring often to your notes).
Have the conversation in person. Sit facing them, and look them in the eyes.	Don't try to do this over the phone, text, video-chat or email and don't look at your phone during the discussion.
Consider approaching the conversation by bringing up people they know in similar situations and the solutions their families found.	Don't forget to ask questions, e.g., how would you feel if that happened to you? Do you think you could benefit from something like that?
Ask questions. What do they perceive as the most difficult things about their days? What do they still enjoy?	Don't answer questions for them. Give them time to reflect.
Listen with your full attention.	Don't interrupt or talk over them. Help them feel listened to by beginning a sentence with, "I heard you say ..." and then repeat what they said.
If things aren't going well, you can suggest that they "just try it for a week." Or offer to talk again a day or so later.	Don't be inflexible or impatient. Understand that they don't want to lose control of making their own decisions in life.

Relief/Respite Care

Caring for a loved one takes a lot of time and energy and can be emotionally exhausting, and sometimes you need a break for yourself. This allows you to re-energize and be more patient when you return. We can be there for a couple of hours, or the whole day, whatever you need is what we will provide.



Around the Clock Alzheimer's & Dementia Care

Are you worried about your loved one wandering or hurting themselves during the night?

Alzheimer's and Dementia is stressful for families and is a constant worry, let us ensure that your loved one is safe while you rest.



Choosing home care help.

If you need home care help, or have decided with a loved one that it's time for them to receive help, the next big question is whether to hire someone on your own or go through an agency.



Understanding different types of care.

Keep in mind that the type of care your loved one needs may change, so it's a good idea to ask agencies you're interviewing about services you might need down the road. BrightStar Care® trains staff to report changes in condition to our Registered Nurse supervising the care.

Below is a partial list of services that BrightStar Care can provide. Call us to learn more.

Companion Care	Personal Care	Alzheimer's & Dementia Care
<ul style="list-style-type: none"> • Conversation and activities based on their interest • Transportation to and from appointments, activities and events • Dementia support when they shouldn't be alone • Medication reminders • Laundry • Light housekeeping • Meal prep • Home safety evaluation • Help connecting with others through letters, e-mail and social media • Engagement in art or craft projects, reading, games or puzzles • Time off for family caregiver 	<ul style="list-style-type: none"> • Help with mobility in and outside of the home • Bathing • Dressing and grooming • Feeding • Oral and personal hygiene • Help with incontinence • Outpatient pre- and post-op assistance 	<ul style="list-style-type: none"> • Are you worried about your loved one wandering or hurting themselves during the night? Alzheimer's and Dementia is stressful for families and is a constant worry, let us ensure that your loved one is safe while you rest.



If you are caring for someone with Alzheimer's disease or a related dementia, your role in managing daily tasks will increase as the disease progresses. Consider practical tips that can help the person with dementia participate as much as possible and enable you to manage tasks effectively.

Reduce frustrations

A person with dementia might become agitated when once-simple tasks become difficult. To limit challenges and ease frustration:

Schedule wisely. Establish a daily routine. Some tasks, such as bathing or medical appointments, are easier when the person is most alert and refreshed. Allow some flexibility for spontaneous activities or particularly difficult days.
Take your time. Anticipate that tasks may take longer than they used to and schedule more time for them. Allow time for breaks during tasks.

Involve the person. Allow the person with dementia to do as much as possible with the least amount of assistance. For example, he or she might be able to set the table with the help of visual cues or dress independently if you lay out clothes in the order they go on. Provide choices. Provide some, but not too many, choices every day. For example, provide two outfits to choose from, ask if he or she prefers a hot or cold beverage, or ask if he or she would rather go for a walk or see a movie.

Provide simple instructions. People with dementia best understand clear, one-step communication.

Limit napping. Avoid multiple or prolonged naps during the day. This can minimize the risk of getting days and nights reversed.
Reduce distractions. Turn off the TV and minimize other distractions at mealtime and during conversations to make it easier for the person with dementia to focus.

Be flexible.

Over time, a person with dementia will become more dependent. To reduce frustration, stay flexible and adapt your routine and expectations as needed.

For example, if he or she wants to wear the same outfit every day, consider buying a few identical outfits. If bathing is met with resistance, consider doing it less often.

Create a safe environment

Dementia impairs judgment and problem-solving skills, increasing a person's risk of injury. To promote safety:

Prevent falls. Avoid scatter rugs, extension cords and any clutter that could cause falls. Install handrails or grab bars in critical areas. Use locks. Install locks on cabinets that contain anything potentially dangerous, such as medicine, alcohol, guns, toxic cleaning substances, dangerous utensils and tools.

Check water temperature. Lower the thermostat on the hot-water heater to prevent burns.

Take fire safety precautions. Keep matches and lighters out of reach. If the person with dementia smokes, always supervise smoking. Make sure a fire extinguisher is accessible and the smoke and carbon monoxide detectors have fresh batteries.

Focus on individualized care

Each person with Alzheimer's disease will experience its symptoms and progression differently. Tailor these practical tips to your family member's needs.

Patience and flexibility — along with self-care and the support of friends and family — can help you deal with the challenges and frustrations ahead.

Learn how Care Aides Care makes the difference.

At Care Aides Care Care, we're all about delivering a *higher standard* of home care — one that people know they can trust when they want quality care for their mom, dad or other loved one.

Canadians are living longer and longer, and rightfully expecting a high quality of life that lasts all the way through their golden years. With the right support, nothing can stop today's senior citizens from achieving their best possible health.

It's skilled and compassionate Health Care Assistants who make this fulfillment possible for elderly individuals nationwide. If you're a compassionate person with a sincere interest in helping others, you should consider a Health Care Assistant career of your own.

Learn how Health Care Aides promote healthy lifestyles for seniors in five essential ways.



1. Injury Prevention: A Health Care Aide Puts Safety First

2. Physical Activity: A Health Care Assistant Boosts Senior Fitness

Elderly citizens in your community may have diminished physical health because they don't have access to able-bodied individuals like you, who can help them rise and shine and exercise their muscles.

3. Healthy Eating: Health Care Assistants Promote Good Nutrition

Mental dexterity is largely impacted by an elderly individual's access to healthy, nutrient-rich food. The right diet is even proven to reduce the risk of heart disease, stroke, memory deficiencies, osteoporosis, and high blood pressure that often accompany old age.

4. Access to Appointments for Professional Healthcare Intervention

If you to become a Health Care Assistant, you'll join the ranks of your community's front-line healthcare providers, and work alongside them to promote the health and wellbeing of your clients. Sometimes your clients will need care that one of your specialized peers can provide, like dental work or a medical procedure.

5. Health Care Assistants Ensure Social and Emotional Wellbeing

Perhaps the most meaningful way Health Care Aides promote seniors' health is by giving their clients support, encouragement, respect, and kindness that make them socially and emotionally healthy. And many Health Care Assistants are drawn to the job for the emotional care aspect.



Home Making Services



Care Aides Care Home Care can help create a safe, clean, and comfortable living environment so that your loved one can continue living independently.

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- **SERVICES WE OFFER INCLUDE:**
- Grocery shopping
- Meal preparation
- Kitchen cleaning and organization (including checking expiration dates)
- Cleaning and organizing bathrooms
- Vacuuming and sweeping
- Laundry and changing bed linens
- Eliminating tripping hazards and safe-proofing the home
- Ironing
- Pet care and plant care assistance
- Replacing batteries in smoke detectors and other household safety features
- Replacing air filters