

Starting with Homecare

When you want to stay independent in your home, from time to time you may need some additional support. When your health needs are changing, it can feel uncomfortable to have help come into your home for the first time. You may feel like you are losing your independence.

What if I told you that accepting homecare into your home is a BRAVE and SMART decision, to ensure you can stay in your home? I have seen many older adults have more success at remaining in their homes by accepting help. I'm here to walk you through what to expect.

When to Call Homecare

When you notice you need help with the any of the following services, it is time to consider homecare. In Alberta, homecare services are offered at **no cost** through Alberta Health Services & may include:

- * help remembering when to take medications or diabetic monitoring
- * help getting dressed in morning or undressed in evenings
- * help putting on compression stockings, help with wound care
- * help with incontinence products, catheters or colostomy & ileostomy bags
- * help with a shower or need someone nearby when you shower
- * help with personal hygiene (shaving, brushing teeth, getting dentures & hearing aids in)
- * help getting equipment in place to ensure you can be safe in the home
- * respite care in the home as a break for caregivers

How to Start Homecare

Have the full legal name of the one needing care, date of birth and Alberta Health Care Card number

- * Call **780-496-1300** if you are in Edmonton area
- * Indicate the services above you feel your loved one needs
- * They will have a Case Manager call you for a date to do an in-home assessment to see what services and frequency of services may be appropriate – as family you can ask for them to set a time that you can be there with your loved one.

What to Expect Moving Forward

The Case Manager will meet with your loved one and do a number of assessments to determine what your loved one can and cannot do themselves. They will indicate the services that may be appropriate to start with, and a schedule will be sorted out. From there, a Care Agency assigned to the area will contact you and arrange for your first date of service. Please note that homecare services are limited, and once you reach the maximum services, you may need to explore additional care services.

If You Have Concerns

If your concerns are about care workers that come to your home, contact the supervisor at the Care Agency. If you have concern about the services you are receiving, or you need to arrange more or less services, contact your Case Manager.



I hope this helps you to feel comfortable about asking for help so you can successfully stay in your home as long as you want!



HELPING YOU NAVIGATE HOUSING OPTIONS TO STAY INDEPENDENT AS YOU AGE

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