

# WHY CHOOSE HOME CARE?

**75% of Americans want to remain in their own homes regardless of cost or need.**

**If health or mobility problems occur with age, wouldn't a senior be more comfortable living in his or her own home? Wouldn't a person who has care needs want to feel in charge of his or her daily routine?**

- Home care fosters independence and happier, more satisfied older citizens living in homes of their choice with safety, compassion and respect.
- Home care can reinforce and supplement the care provided by family members and friends. Note that on average, a person can expect to spend 18 years caring for a parent or elderly loved one.
- Home care can help maintain a person's dignity in the least restrictive care setting.
- Studies show that recovery at home after a surgery is quicker.
- In a recent MetLife survey of long-term care costs, home care costs remained stable while nursing home, assisted living and adult day services costs continued to rise.

## **Who is a candidate for home care?**

Anyone who is having trouble performing basic activities that maintain daily living may benefit from home care.

**Some services offered:** Bathing, dressing, transferring from bed or chair, walking, eating and meal preparation, toilet use, grooming, transportation, housework, medication use, management of money, mental prompting, exercise, social activities, companionship, scheduling, errand-running and shopping, specialized care for those with dementia, Alzheimer's, heart conditions, diabetes, MS and more.



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Source: Volunteers of America, MetLife

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