



Hiring Home Care

March 2022

Senior Management Services

Many older adults wish to remain at home and receive care where they already live. If you think about your future and your desires for your older adult years, I'm sure you can empathize. Being able to remain at home (or "age in place" as many organizations refer to this type of care) allows your loved one to be surrounded by all their familiar environments while still accessing care that can be helpful. Unfortunately, in Pennsylvania and many other states, this care is not covered by insurance, and the Medicaid benefit is limited in its resources. If you qualify however, you can receive full in-home support in most states. Qualifications are both medical and financial.

In Home Care offers support such as:

- Personal hygiene
- Laundry
- Cooking
- Transportation

Preparing for the cost of in-home care can be difficult as the services may fluctuate based on your loved one's location in the country, severity of need, and amount of caregivers in your area. Location of home versus assisted living facility does not impact the cost of care. In 2019 the average cost nationally for home care was \$21/hour. Different states had a fluctuation of cost from \$16/hour - \$28/hour. This discrepancy alone can cause difficulties in planning and helping your loved one utilize their resources in the best way for as long as they need care. Choosing in-home care is a unique decision and requires trial and error. For example, you may start with 4 hours of care twice a week, and a few weeks into the plan realize your loved one needs 3 hours of care four times per week. Home care agencies are usually able to accommodate most changes in the plan with a week or so notice. You may have different caregivers depending on the schedule, but the agencies work to support the needs of your loved one.

For additional information about Eldercare, please contact Quest EAP at 1-800-364-6352.