



The Elder Services Provider Council of Washington County would like to thank the following organizations for making this page possible: Easter Seals Adult Day Services, Somerford Assisted Living and Alzheimer's Care, Hospice of Washington County, Fahrney-Keedy Home and Village., and the Village at Robinwood. Please contact Mindy Propst, Chair, for more information on this page or the Elder Services Provider Council. 301-745-3828. mpropst@eseal.org

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**Caregivers' Forums at Robinwood Medical Center held Second Thursday of each month, 11:15 a.m.-1:00 p.m.**  
**February 14—How to Get Emotional support for the Caregiver**  
**Speaker: Beth Layman, Hospice of Washington County**  
**Cost: \$7.00. To register, call 301-791-6360.**

# There's No Place Like Home ...

—Submitted by: Patty Smith, Community Relations Liaison, Hospice of Washington County

It seems that there is nothing more comforting than being nestled in a safe and familiar environment—surrounded by possessions collected over the years and comforted by memories of family and friends in the place you call H-O-M-E.

When you are faced with the thought of leaving this place simply because your health has declined or advanced years have limited your abilities, it is natural to feel frightened and intimidated.

The good news is that with the appropriate help in your home, it may be possible to stay right where you are! Home health organizations and/or companies which offer assistance from home helpers to skilled nursing care may be the right choice for you. As with any important decision, it is always a good idea to talk with family, friends, and consider contacting your local area agency on aging (Washington County: 301-791-0275) to learn more about the home health care agencies and other home care providers in your community. You can also view a resource directory by visiting the Washington County CARES website at:

www.washingtoncounty-cares.org/resources.aspx.

**Non-medical Home Care**  
 Do you just need someone to help you get started in the morning and complete a few chores around the house? If these needs sound familiar, you may consider contacting an organization that provides these types of services. Non-medical home care companies focus solely on home helper and companionship services, while allowing seniors to remain in their own homes. The majority of organizations offer a mix of the following:

- Homemaking—meal preparation, running errands, incidental transportation, light housekeeping and companionship.
- Personal Care—bathing, grooming, and hygiene care, toileting and incontinence care, and feeding and special diet or meal preparation.

• Specialized Services—24-hour emergency response and care for clients with Alzheimer's and other dementia issues.

While there are several reputable companies in the community providing these services, unfortunately there are also agencies that operate below state-regulated guidelines. A reputable company hires caregivers after completing criminal background checks and then provides training for their employees. Be sure to research companies carefully before choosing a provider and talk to your insurance company to see if these types of services are covered under your plan before making a decision.

**Home Health Care**

The most important prerequisite for securing home health services is an order from your physician. Whether you require wound care, infusion therapy, or follow-up from surgery, this home service MUST be written into your plan of care by your physician or it will not be covered by your insurance company. Likewise, physical and occupational therapy in the home are also available and must be ordered by your physician. These types of therapies can help patients with challenges related to joint replacement, fractures, stroke, strengthening after an extended hospital stay, and other conditions.

When skilled nursing care is not required, but assistance with the activities of daily living is needed, some home health care organizations will offer assistance through homemakers and home health aides with bathing, dressing, taking medications, meals, eating, laundry, light house-keeping, companionship, and more. Be aware that not all insurance companies will cover these non-medical services. Be sure to check your insurance coverage before ordering them.

There are several national organizations that can provide additional consumer information about home health care services. These include The National Association for Home Care and Hospice, which can be reached at 202-547-7424 or by visiting its website at www.nahc.org.

**Hospice Care**

At times, families and/or physicians will identify an indi-

vidual whose needs and goals call for a more holistic plan of care. Hospice care is designed to help a person LIVE to their fullest potential each day.

In contrast to home health care, hospice care focuses on palliative or comfort care rather than curative treatment. Hospice care can be provided for any type of life-limiting illness and is a philosophy not a place—therefore, the care is provided in any setting that the patient calls "home." Enrollment in a hospice program entitles a patient to nursing care, personal care, spiritual support, family services, grief and bereavement support, and volunteer services. Hospice care is a fully covered benefit by Medicare and Medicaid as well as most private pay insurances.

More information on hospice care is available by contacting Hospice of Washington County at 301-791-6360 or by visiting the organization's website at www.hospiceofwc.org.

It is easy to feel overwhelmed when making decisions about home care for yourself or a loved one. While researching the many options available, don't be afraid to ask questions and be sure to focus on the quality of care you expect and deserve. By understanding the options available for in-home care, you can feel satisfied and fulfilled with your choice.

*Look for the next article in our 6-part series on the Long-Term Care Continuum in the January 27th Picket News edition of the Senior Life Page.*

**Catherine A. Drummond, PA**  
**Attorney At Law**

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## Calendar of Events

**JAN. 16** - Intro to Bones for Life and Feldenkrais Method presented by Tammy Spitzer from Celebrate Health & Wellness at Broadmore Assisted Living, Wednesday, 10:30 a.m. For more information and to RSVP, call 301-766-0066 x204; FREE

**FEB. 5** - Alzheimer's Support Group, Somerford Assisted Living & Alzheimer's Care, Tuesday, 5:30 p.m.-6:30 p.m. Please call Sheri Evans for more information at 301-791-9221 x213. Please ask about our free onsite caregiving for your loved one; FREE

**FEB. 14** - Caregivers Forums Topic: How to Get Emotional Support for the Caregiver. Hosted by Hospice of Washington County; Thursday, 11:15 a.m.-1:00 p.m. Robinwood Medical Center, Room 122, A&B; Call 301-791-6360 to register; \$7.00 for lunch

**FEB. 20** - First in a Six-Part Series on Dementia and Alzheimer's Memory Loss—Is It Time to Worry? Presented by Debbie Bauer, Alzheimer's Association, Wednesday, 4:00 p.m.-5:30 p.m. at Somerford Assisted Living & Alzheimer's Care; Please call Sheri Evans for more information or to register at 301-791-9221 x213; Please ask about our free onsite caregiving for your loved one; FREE

**FEB. 21** - Reverse Mortgage - Imagine the Possibilities Broadmore Assisted Living, 1:00 p.m.-3:00 p.m. Light lunch buffet served; Call 301-766-0066 for more information and seating is limited; FREE

February is National Heart Month. Did you know that Hospice can care for people with serious heart disease? **LEARN MORE.**

**Hospice of Washington County Inc.**  
 747 Northern Avenue  
**301-791-6360**  
 www.hospiceofwc.org

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- Introductory visit; estimate provided upon request at no charge.
- First time visit with review, organization and needed action, with plan for future. Variable depending on workload
- Monthly visits thereafter-\$25 per visit