



Facts and Fiction of Homecare

By: Lynne Bennett, SeniorBridge

Navigating the senior health care maze can be confusing and scary. One area often misunderstood is homecare. There are many reasons to hire someone to help with care including after an illness or surgery or to give a break to the person who is caring for a loved one. Below are some homecare facts and fictions...

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Trivia

Homecare aides and companions are covered by insurance.

FICTION

Care that is “skilled” is covered by Medicare and sometimes insurance. In home care for Home Health Aides and companions is private pay (hourly or live-in). Long Term Care Insurance covers both.

Aides can give medication.

FICTION

Home Health Aides are not licensed to give medications but they can remind.

Long Term Care Insurance pays for homecare.

FACT & FICTION

Long Term Care Insurance pays if necessary requirements are met and after a period of exclusion – usually 90 days paid for privately. Call your company for eligibility and requirements.

Two 12 hour shifts cost the same as one 24 hour shift.

FICTION

A live-in is cheaper by almost half but is given time to rest through the night. If there is a lot of night activity, a live-in will not work. Two 12 hour shifts are paid an hourly rate - usually twice the cost of a live-in.

Home care staff are certified and trained by their companies.

FACT

Companies train and vet aides but accredited agencies (look for that term

in the literature) have a higher standard and on-going training. Aides working in an agency must be certified.

It is better to use an agency rather than a private person for home care.

FACT

Costs to hire a private person are lower, but if they get sick or don't show up, there is no backup; if they get hurt, you are responsible; if something is damaged or stolen, you are responsible, and there is no nursing oversight or medical management.

Aides can stay with clients in hospitals and facilities.

FACT

As long as they meet the criteria and requirements, aides can stay with clients. It has to be an agency and that company can facilitate the process. *Due to COVID there may be additional requirements.*

There are aides who can drive and help with doctor appointments and shopping.

FACT

Some aides drive but there may be an additional fee. They can run errands, shop, and drive clients wherever they need and accompany to doctor visits.

Aides can help with housecleaning, laundry and cooking.

FACT

Aides can do light housekeeping, make meals, and do laundry.

SeniorBridge is private pay home care with Home Health Aides that can do hourly or live-in schedules and help with housework, cooking, and laundry. We also have LPNs, RNs, and can do Private Pay skilled care. For more information call 1-855-627-3684.

Focus on Health: Heat Therapy

Heat therapy stems from physiotherapy and requires direct application of heat applied to an affected area for 15 to 20 minutes at least 2 to 3 times a day. The purpose of heat therapy is to allow the heat to penetrate the affected area for pain relief.

Heat therapy can improve circulation and blood flow to areas of the body because of the increased temperature. This increase can slightly ease discomfort and increase muscle elasticity. It also can assist with relaxation, soothe muscles, and heal damaged tissue.

The aim of either therapy should always be toward “warm” as the ideal temperature instead of “hot” to

avoid damage to the skin. There are two different types of heat therapy. **Dry heat** consists of utilizing heating pads, dry heating packs and saunas. **Moist heat** consists of utilizing steamed towels, moist heating packs, or bathing in warm water.

While heat therapy can be beneficial to several individuals, those with pre-existing conditions such as diabetes, dermatitis, vascular diseases, deep vein thrombosis, and multiple sclerosis should consider alternative therapy methods due to a higher risk of burns or complications when heat is applied.

Please remember to consult with your physician before using a new therapy.

Activity Center

TriBonds

What does each set of three have in common?

Example: Picnic – Card – Pool

Answer: all types of tables

<https://www.pinterest.com/pin/80853755782481997>

1. Lungs – Brain – Ears

2. Bicycle tire – Toothpaste – Chemistry lab

3. Bermuda – Love – Right

4. Fortune – Bank – Story

Answer on back page.

Trivia Time!

Where were the 1960 Olympic games held?

Answer on back page.



Sharing Circle

What is your favorite meal to prepare and why?

My favorite meal to prepare is vegetarian Franks and Beans on a whole wheat roll with mixed vegetables. Growing up it was a family tradition to eat franks and beans. However, now that I am a vegetarian, we still look forward to carrying out the tradition with the exception of vegetarian ingredients. – Malikah



We want to hear from you for next month's issue!

What is one of the most important lessons you've learned in your life?

Email your answer to Bridget Souza at bsouza@cafsnj.org or call 201-740-7011.

Mindfulness: Single – Tasking

One skill that people value for productivity is multi-tasking. However, what if by multi-tasking all the time, we are actually less productive? Being faced with too many tasks at once can become difficult for attention and focus. Next time you are faced with many tasks, try the mindful approach of single-tasking.

1. Keep practicing: Single –tasking can be a challenge due to our five senses being constantly aroused. The more you make the effort to focus on one thing, the easier it will become.
2. Organize: Clean and organize your environment before you start so that there are fewer distractions.
3. Set your priorities: Create a list of what needs to be done and narrow it down to no more than 5 things. Rank them from 1-5 based on their importance.
4. Handle distractions: If something else pops into your head as you are completing your task, write on a spare piece of paper for later. Turn off your cellphone ringer and let texts stay unread and messages go to voicemail. Lastly, use music or headphones to help you focus in a chaotic or busy environment.
5. Move often, take breaks, and breathe a lot: Moving your body can help to clear and refocus the mind.
6. Make it a daily practice: Ease comes with daily use. Did you skip a day? That is okay. Dust yourself off and try again tomorrow.

Source: <https://www.rewireme.com/career-business/mindfulness-lives-single-tasking>

Contact Us

To learn more, submit a response, or ask a question you can contact us at:

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Celebrating Seniors Online

<https://www.tcad.org/celebratingseniors>

www.tcad.org



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ACTIVITY ANSWER

Q1: all have lobes

Q2: all have tubes

Q3: all have triangles

Q4: all have tellers

TRIVIA ANSWER:

Rome, Italy

Resource Spotlight

Are you looking for more virtual programs?

Check out our **NEW Virtual Happenings Calendar!**

This is your one stop resource for free virtual programs for older adults from across Bergen and Passaic County.



<https://www.tcad.org/celebratingseniors/communityhappenings.html>

If you or a loved one needs help accessing addiction services and support...

Call or Text: 201-589-2976

Confidential hotline services available 24/7 to serve Bergen County



THE CENTER

FOR ALCOHOL AND DRUG RESOURCES

A Program of Children's Aid and Family Services