



**Because Home Can Be the Most
Important Place on Earth**

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Does Having Home Care Change Anything?

Staying home for your loved one with Dementia means

- Familiarity, consistency and comfortable routines
 - Lower levels of anxiety
 - Social life, relationships and meaningful activities don't have to change
 - Customized support can adapt as needs and requests change
 - Support only when you need it
 - Safe home care relieves worried family members and friends
- ...and pets – now they don't have to leave!



Each of Us is Different

- Not everyone prefers community- based care (for example Assisted Living Communities)
- Not everyone has to live without a little extra care & support



What if...

- Is it realistic for your loved one with dementia to remain living at home?
- What are the options?
- What needs to be in place?



Dementia: Caregiver Burden



Impact on Caregivers is greater than we think

- In 2013, 15.5 million family and friends provided 17.7 billion hours of unpaid care to those with Alzheimer's and other dementias – care valued at \$220.2 billion, which is nearly eight times the total revenue of McDonald's in 2012.
- More than 60 percent of Alzheimer's and dementia caregivers are women
- All caregivers of people with Alzheimer's – both women and men – face a devastating toll. Due to the physical and emotional burden of caregiving, Alzheimer's and dementia caregivers had \$9.3 billion in additional health care costs of their own in 2013. Nearly 60 percent of Alzheimer's and dementia caregivers rate the emotional stress of caregiving as high or very high, and more than one-third report symptoms of depression.

**The Alzheimer's Association 2014 Alzheimer's Disease Facts and Figures includes a special report on women and Alzheimer's. Inspired by compelling findings published in [The Shriver Report](#) in 2010, the Alzheimer's Association conducted a follow-up poll in 2014 to continue exploring how Alzheimer's disease affects American women.*

Dementia: Help Caregivers Appreciate

- By CG's managing their own behaviors, actions, words & reactions they can change the outcome of interactions
 - It's the Relationship that is MOST Critical, NOT the Outcome of One Encounter
- Let health care providers be the 'Bad Guys'
- It's a marathon & Caregivers Will Need Help!
- A healthy good Caregiver can be the determining factor between a good situation or a bad situation

In-Home Support

In-home care can come from different services or *combinations* of services:

- **Private Duty Home Care**
 - Companion, Homemaking, Personal (bathing, etc.), light housekeeping, meal preparation, errands, medication reminders, stand-by assistance, etc.
- **Home Health Care (Skilled Nursing)**
 - Doctor ordered services provided by nurses, physical therapists, speech therapists etc. (requires a physician order)
- **Hospice**
 - Near end-of-life care services provided primarily in the home by a team of skilled, licensed professionals (nurses, social workers, chaplains etc.) when the patient has a life expectancy of approximately six months or less (requires a physician's order)

Start with the basics

- **What** - Define the type(s) of support needed - Full time, temporary, medical, non-medical, companion, personal, home maker, etc.
- **When** – Based on a 24 hour clock, which hours will provide the most benefit to you and your family.
- **Who** – Interview agencies - which are you most comfortable with? – why?
- **How** – will the care be provided? Consider the details carefully– are caregivers experienced? Background checked? What happens if my caregiver can't make a scheduled visit? Am I tied into contracts or minimum hours etc.



Then...write it down! (you'll refer to it as you continue your research)

Compare the Costs Minneapolis/Saint Paul Metro

\$\$ Averages

- Home Health Aide (Medicare certified) - \$ 39 per **hour**
- Adult Day Care Center - \$ 1820 per **month**
- Skilled Nursing Facility (private room) - \$8499 per **month**
- Skilled Nursing Facility (semi private room) - \$ 7756 per **month**
- Assisted Living \$4506 per **month**

\$\$ Averages Home Care

- \$27.00 per hour – non medical services may include:
 - Companionship
 - Meal Preparation
 - Light Housekeeping
 - Personal Care
 - Errands/shopping
 - Transportation
 - Medication Reminders
 - Memory Care

Funding Sources

- Private Pay
- Long Term Care Insurance
- Workman's Comp Insurance
- VA Programs
- Employee Assistance Programs (EAPs)
- Medicaid (Medical Assistance)
- Converted Life Insurance policy (LifeCare Funding)

Private Hire or Agency?

- “Due to the cost and the increasing shortage of home health aides, many families seeking to hire in-home staff turn to private individuals rather than working through an agency. While at first glance this seems reasonable, it can also cause numerous problems and create unexpected liabilities for the family, who becomes the employer.”
- “If the family is unwilling or unable to assume the full range of responsibilities, they would be better off working through an agency. If the family chooses to hire privately, they need to consult a lawyer and an accountant to assure that they make proper arrangements for all of their obligations. In addition, they need to stay involved in the relationship to assure proper care and a mutually supportive relationship”
 - *Hiring Private duty Home Care Workers: Why Work through an Agency?*
 - *Rona S. Bartelstone, LCSW, BCD, CMC*
 - *Caregiver.com* www.caregiver.com/articles/print/hiring_private_duty.htm

Private Hire or Agency?

Private Hire

- Criminal background checks?
- Training?
- No licensing requirements?
- Backup care? (no shows)
- Insurance?
- Supervision?
- Workman's Compensation and Liability Issues if an injury occurs?
 - Including medical expenses
 - Disability payments
- If an independent contractor fails to pay his/her tax obligations, it then falls to the employer (you).

Agency

- ❖ Initial screening, National background checks
- ❖ Initial and ongoing training
- ❖ Ongoing supervision available at all times
- ❖ Family and client communication & support
- ❖ Resource of professional and clinical support networks
- ❖ Assumes all tax, insurance and liability responsibilities of the worker
- ❖ Backups available

SYNERGY Promise

Common Concerns

- Caregiver Call-off's
- Incorrect Billing
- Poor Match Between Client and Caregiver
- Hard to get hold of someone after hours
- Need service right away

Our Solutions

- ✓ Agency backup caregivers
- ✓ Billing system includes Telephony and GPS tracking
- ✓ State of the Art System and Personal knowledge selection
- ✓ Staff member on call
24/7/365
- ✓ Assessment within 4 hours, service within 24 hours

SYNERGY Promise

Common Concerns

- Only need care for 1-2 hours per day
- I don't want to get locked into a contract
- I don't know what my options are. I may not want home care.
- I'm concerned that my loved one is too sedentary.

Our Solutions

- ✓ Customized schedules and minimums
- ✓ No time-based contracts to sign.
- ✓ We will help point you to other service providers that we trust.
- ✓ Our caregivers can assist with exercises and activities.

Our Caregivers

SYNERGY CareTEAM Members

- Pass Minnesota State and National criminal background checks
- Fully insured
- CPR, First Aid Certified
- TB tested
- Experienced, supervised, trained and prepared
- Trained to report changes in condition
- Maintain a safe environment
- Trained in Memory Care



Top 10 Things That Make SYNERGY Different



1. No contracts just care
2. Award Winning Care!!
3. Free in-home consultations
4. 24/7/365 on call
5. Client and family can have secure internet access to their schedule and service plan
6. CareTEAM approach – no missed visits, 24 hr coverage
7. Owner involvement
8. Quality Assurance calls and visits
9. Medication reminders
10. Memory Care

Award Winning Care



Thank you

If you ask me what is the single most important key to longevity, I would have to say it is avoiding worry, stress and tension. And if you didn't ask me, I'd still have to say it.

George Burns