

# What Is Private Duty Home Care?



A GUIDE TO NON-MEDICAL CARE AT HOME

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# Introduction

It can be hard when you or a loved one struggles with day-to-day tasks. You might feel tired or worried about the future. You may wonder how you will be able to handle care. Where do you turn? Private duty home care can help.

Home care is a fast-growing area of health care. That's because it keeps you in the comfort of your own home.

**Private duty home care does the tasks that family, friends, or other caregivers might do.** Above all, you are treated with the dignity and respect you deserve.

Learning about private duty home care may ease worries about the future. This booklet will teach you the basics. Knowing your options can lead to better care for you and your loved ones.



# What Is Private Duty Home Care?

Private duty home care is *non-medical* care that helps with “activities of daily living” (ADLs). Many people don’t think about ADLs until it gets hard to do them. Common ADLs include daily personal care such as:

- **Bathing and feeding**
- **Grooming and dressing**
- **Going to the bathroom**
- **Moving around the house**

Private duty home care also helps with managing the household. Other daily tasks that don’t involve personal care are called “instrumental activities of daily living.” These could be tasks like:

- Doing light housework and fixing simple meals
- Making grocery lists, going shopping, or running errands
- Feeding and caring for pets
- Driving clients to the doctor or other outings
- Making sure clients take medications on time
- Playing games, reading aloud, or just being good company

**Please call us for a full list of our services.**

Private duty home care is also called private duty care, home care, custodial care, or senior care. It is “unskilled care” given by home care aides. These aides are specially trained companions. Some home care aides are certified nursing assistants (CNAs).

*Private duty home care* is different from *home health care*. Home health care is “skilled care,” or medical care. It’s care that people must have a license to give. This includes things like giving shots or physical therapy. RNs, licensed practical nurses (LPNs), and therapists provide skilled care.

# How Private Duty Home Care Works

Below is an outline of how home care works. **There is space at the back of this booklet for notes and questions. Keep this booklet handy when you call us.**

**1. Referral.** You are struggling with day-to-day tasks. You can no longer handle care on your own, but you want to stay at home. **You, a loved one, or a friend can call private duty home care. You do not need a doctor's order.**

**2. Eligibility.** **There is no age limit for private duty home care.** Some people think only seniors receive home care. But people of any age who need help with day-to-day tasks can get services. This could be someone who is ill, has a handicap, or who just had surgery.

**3. Payment.** **In most cases, private duty home care is an out-of-pocket expense. Call us to talk about fees and payment options.** Some insurance plans may pay for unskilled home care. Check with your agent to see what's covered.

Other special situations:

- **Low-income clients** may apply for Medicaid. Rules vary by state.
- **Disabled veterans** can get help from government programs. Check with the Department of Veterans Affairs.
- **Some large employers** may let employees set aside money for home care. Check with the company's human resources center for information.

**4. The Service Plan.** Call us to talk about what services may be best for you. We may come to your home to get the whole picture. We'll go over things such as:

- **Mental health.** Do you have a disorder? Are you forgetful or depressed? Do you keep in touch with loved ones or prefer to be alone? How much interest do you show in daily life?
- **Physical health.** Do you have an ongoing illness, like diabetes or arthritis? Can you hear, see, and get around easily? Are there problems with sleeping, pain, or going to the bathroom? Who is your regular doctor? What medicines are you taking?
- **Daily routine.** Do you have people coming by to help? Which ADLs can you do on your own? Do you know how to get help in case of emergency?
- **The home.** Can you move around the house without the risk of falling? Are there safety hazards such as stairs, long cables, or sharp edges? We may give you tips to make your home safer.

The service plan is based on your answers to questions like these. We'll decide the length and number of visits you need. In some cases, one short visit a week may be all you need. In other cases, several visits a week may be needed. Some clients may need 24-hour care.

**5. Delivering Care.** **Private duty home care is, of course, delivered at home.** In some cases, we may bring services to clients who are in a facility. A registered nurse (RN) usually oversees private duty home care services. The RN creates the care plan, follows up with the client, and directs aides. RNs act as managers in this case.

**6. Making the Plan Work.** The home care aide will visit at regular times based on the service plan. We will try to match home care aides with you based on skill set and personality. You can call to change the schedule or services at any time.

**If you or a loved one is struggling with day-to-day tasks at home, we're here for you. Call us today.**




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