

# **STAYING HOME, STAYING WELL**

**A HOME CARE PLANNING GUIDE**

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**By**

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## Introduction

This pamphlet is designed to help families and home care consumers achieve their two most often stated common goals: to remain living at home for the long term and to protect their life savings while doing so. In writing it, I have drawn upon my own experience in helping numerous home care patients and families, as well as the experience of many veteran home health care professionals.

This booklet is a kind of home care workbook. It will give you information and guidance that will be useful for a long time to come as it takes you step-by-step through a seven-step planning process. Two things are needed for home care to work as smoothly as possible: an honest appraisal of the kind of care you need and a plan to provide it. This booklet shows you how your nurse, therapist, doctor or care manager can help you understand your care needs, while your social worker, lawyer or financial advisor can help you and your family find the resources you need to make home care a reality.

Perhaps most important of all, this pamphlet teaches you how to partner with your home care provider. When you and your loved ones work together with your care providers, the chances of staying safe at home for the long term are greatly increased.

I have written this booklet with one goal in mind—to give home care clients the best chance possible at staying well and out of a hospital or a nursing home. The strategies that follow have proven effective at helping a wide range of people do just that, whether they are rich or poor, young or old, living with family members or living alone. Let's see how home care planning is done, from the beginning.