

Top 6 Myths About Home Care

When we visit our clients for an in-home consultation, we often find there are misunderstandings about home care and what the experience entails. For many, home care is a blessing, a secure way for parents to rehabilitate in the home. Others are nervous about letting strangers into their home, because we have all heard some nightmare stories about elder care.

Here we'll talk about some common myths about home care, versus the reality.

Myth #1: The caregivers will rob me or abuse my parents.

We have all heard news stories about the elderly being robbed or abused. However, if you look at the fine print, these cases often involve individual, unskilled caregivers or home health aides that do not come from a reputable home care agency. At FirstLight HomeCare Northwest Virginia, all of our caregivers go through a rigorous training course. They are not independent consultants – they are employees of our company. They are licensed, bonded and insured ... our stellar reputation depends on it!

Myth #2: Homecare is for people who are sick or elderly.

This is wrong on both counts. Many families employ our caregivers to provide personal care or companion care for their aging parents even though they are not ill. A caregiver can come into their home, providing regular showers, meal preparation, medication reminders and more. We provide non-medical home care for those who may need a little help around the house as well. In addition, we provide disability care, post-operative care and veteran's care to those who are 18 or older. Should your parents need regular visits by a nurse, we can coordinate all medical care as well.

FirstLight HomeCare provides caregiving services on a part-time or full-time basis for short or long-term needs. If your parent needs round-the-clock care, our home care services are also available 24/7.

Myth #3: I can't choose my caregiver.

FirstLight HomeCare makes every effort to match a caregiver with an individual's needs. We know you want someone who will connect with your parent, spending time with similar interests and hobbies. We analyze our client's needs and prepare a thorough care plan before sending a caregiver to a home. If at any point you are displeased with a caregiver, call us immediately and we will make a substitution. Our goal is to provide the ideal fit for your parent.

Myth #4: In home care is more expensive than assisted living.

According to Genworth's 2015 Cost of Care survey, the national median hourly rate for home health care is \$25 per hour. In contrast, the Genworth study reported that the national median cost of a one-bedroom residence in an assisted living community is \$3,600 per month. There are many ways to pay for home care including reverse mortgages, VA benefits, long-term care insurance and more.

Myth #5: I'm from a big family, so there should be plenty of people to help my parents.

Move your Mom with dementia into your home and watch your family scatter! Unfortunately, it seems that caregiving responsibilities often fall on one person's shoulders, and it's a job that can be

overwhelming, exhausting and depressing. Understand, it can be extremely rewarding as well, but it can be very difficult to make the time on top of your other daily responsibilities.

Myth#6: My Dad is such a handful that no one will want to care for him.

As a homecare agency, we have seen it all, particularly in some clients with dementia. Your Dad may spit or cuss like a sailor. Or maybe he's so demanding, you want to tear your hair out! What may be embarrassing or unacceptable to you is something our caregivers probably see every day!

The simple fact is that most elders want to stay at home. FirstLight HomeCare Northwest Virginia is the ideal solution to accommodate this need, as we provide the independence, security and freedom your parents or elder loved one may need.