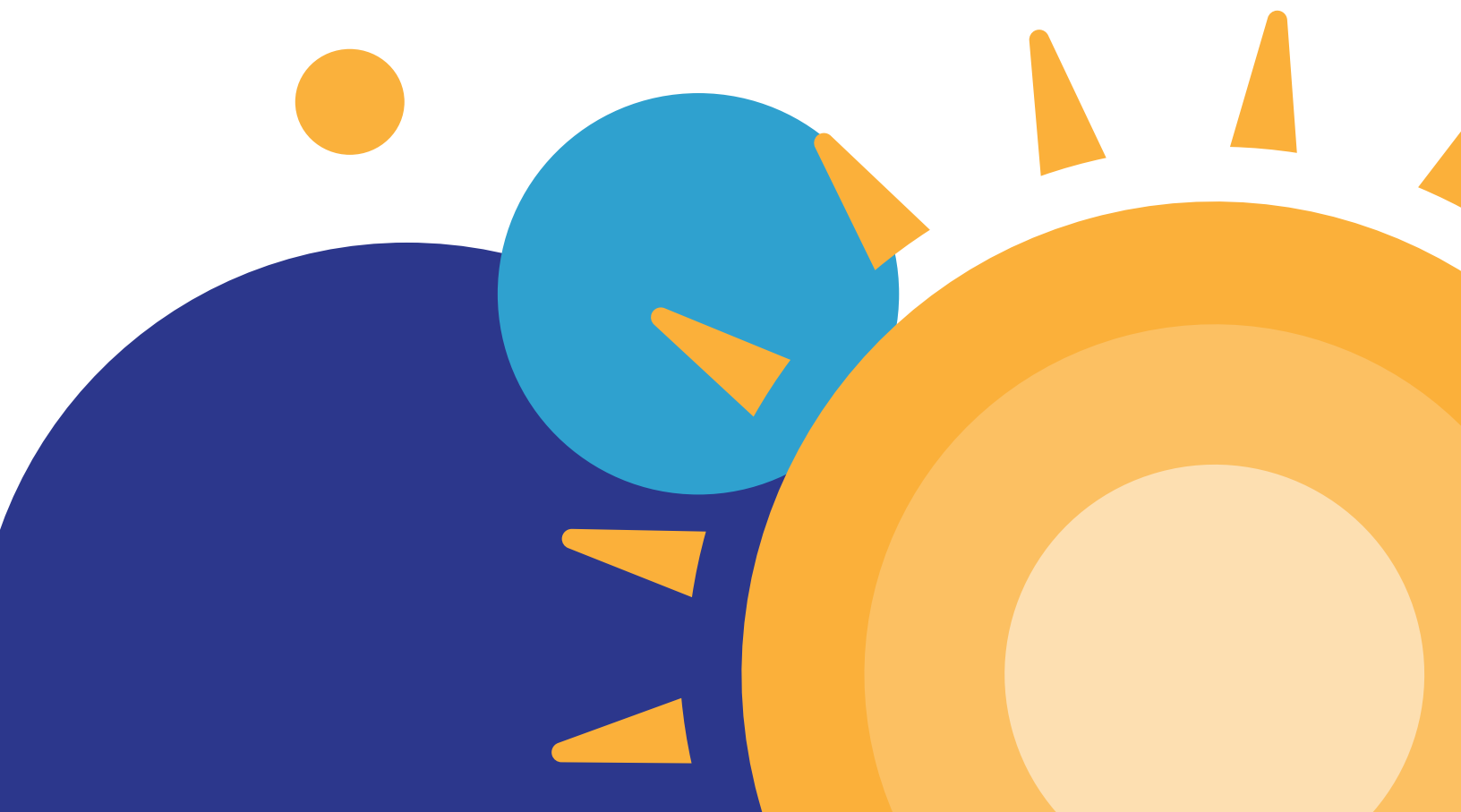




# Your Guide to Navigating Adult Home Care with Confidence and Compassion





# Caring for a Loved One is an Act of Love But It Can Also Be Overwhelming

Making decisions about care for an aging parent, a spouse with medical needs, or an adult child with disabilities can feel like navigating a maze of information, emotions, and logistics.

That's why we created The In-Depth Guide to Adult Home Care for Families. This resource is built on real caregiver experiences and expert insight. Whether you're exploring options for the first time or already in the middle of the process, this guide helps you move forward with clarity and confidence.

*"Whether you're just beginning to explore home care or already deep in the decision-making process, this guide is here to support you."*





## Inside You'll Find:

- A clear explanation of adult home care services and how they differ from in-person care.
- Common caregiver stressors and how structured care support can bring relief.
- How to navigate Medicaid waivers and state-specific funding pathways.
- Signs your loved one may benefit from home care or adult day services.
- How to create a balanced care plan that supports both your loved one's needs and your own well-being.
- Essential questions to ask home care providers.
- How to combine home care with adult day services for a wraparound care model.
- Real family testimonials from Active Day participants.

## Who This Guide is For:

- Adult children of aging parents
- Parents of adults with disabilities
- Case managers and social workers
- Spouses of aging or medically vulnerable partners
- First-time caregivers looking for clarity





# Considering Adult Home Care

Caring for a loved one is a profound act of love. But it also comes with challenges—emotional, physical, and logistical. Families often face uncertainty about when to seek support, what services are available, and how to make the best choice for both their loved one and themselves.

This guide was created to help you understand your options, navigate funding, and feel supported throughout the process. Whether you're exploring care for the first time or reevaluating what's best, you'll find clear information and real family experiences to guide your next steps.





# 1. What is Adult Home Care?

Adult home care provides professional support in the comfort of an individual's home. Services may include assistance with daily activities such as bathing, dressing, meal preparation, and light housekeeping, as well as companionship and supervision. **How it differs from in-person care:**

- **Home Care:** One-on-one support at home, tailored to the individual's daily needs and routines.
- **Adult Day Services:** Structured, community-based programs where individuals spend the day in a safe, social, and engaging environment.

Many families choose to combine these options, creating a **wraparound model** that maximizes safety, independence, and social connection.

# 2. Understanding Caregiver Stressors

Being a caregiver can bring deep fulfillment, but it can also take a toll. Common challenges include:

- **Burnout** from managing care around the clock.
- **Isolation** when personal time and social connections diminish.
- **Emotional strain** from balancing roles as a spouse, parent, or child while also being a caregiver.
- **Financial stress** related to time off work or reduced employment.

Structured support like home care or adult day services can provide **respite, relief, and reassurance**, giving families time to recharge and loved ones access to professional, attentive care.



### 3. Navigating Medicaid Waivers and Funding Pathways

Funding care can feel overwhelming. Medicaid waivers are designed to help individuals access care services outside of traditional nursing facilities, often covering both home care and adult day services. Key points to know:

- Waivers vary by state but generally require Medicaid eligibility.
- Each waiver outlines what services are covered and how funding is allocated.
- Many families don't realize they qualify until they begin the process.

*Tip: Active Day center directors and care coordinators often help families apply for and navigate waivers, ensuring you understand every step and maximize available resources.*

### 4. Signs Your Loved One May Benefit from Care

It may be time to consider additional support if you notice:

- Increased falls, safety concerns, or difficulty with daily activities.
- Social withdrawal, loneliness, or lack of stimulation.
- Decline in health or medication management.
- Your own stress or exhaustion becoming unmanageable.

Supportive services can improve quality of life for both your loved one and you.





## 5. Creating a Balanced Care Plan

A good care plan should meet your loved one's needs without neglecting your own well-being. *Steps to build a balanced plan:*

1. Assess your loved one's daily care requirements.
2. Identify the tasks you can and cannot realistically manage.
3. Explore home care and adult day services to fill the gaps.
4. Build in **respite time** for yourself.
5. Review the plan regularly as needs change.

**Remember:** A sustainable plan supports the whole family, not just the person receiving care.

## 6. Questions to Ask Home Care Providers

When interviewing potential providers, consider asking:

- How do you select and train caregivers?
- What happens if a caregiver is unavailable?
- Can services be adjusted as needs change?
- How do you ensure compatibility between caregiver and client?
- What funding sources do you accept (including Medicaid waivers)?
- How do you coordinate with adult day services if needed?

The right provider will answer transparently and make you feel confident in their care.

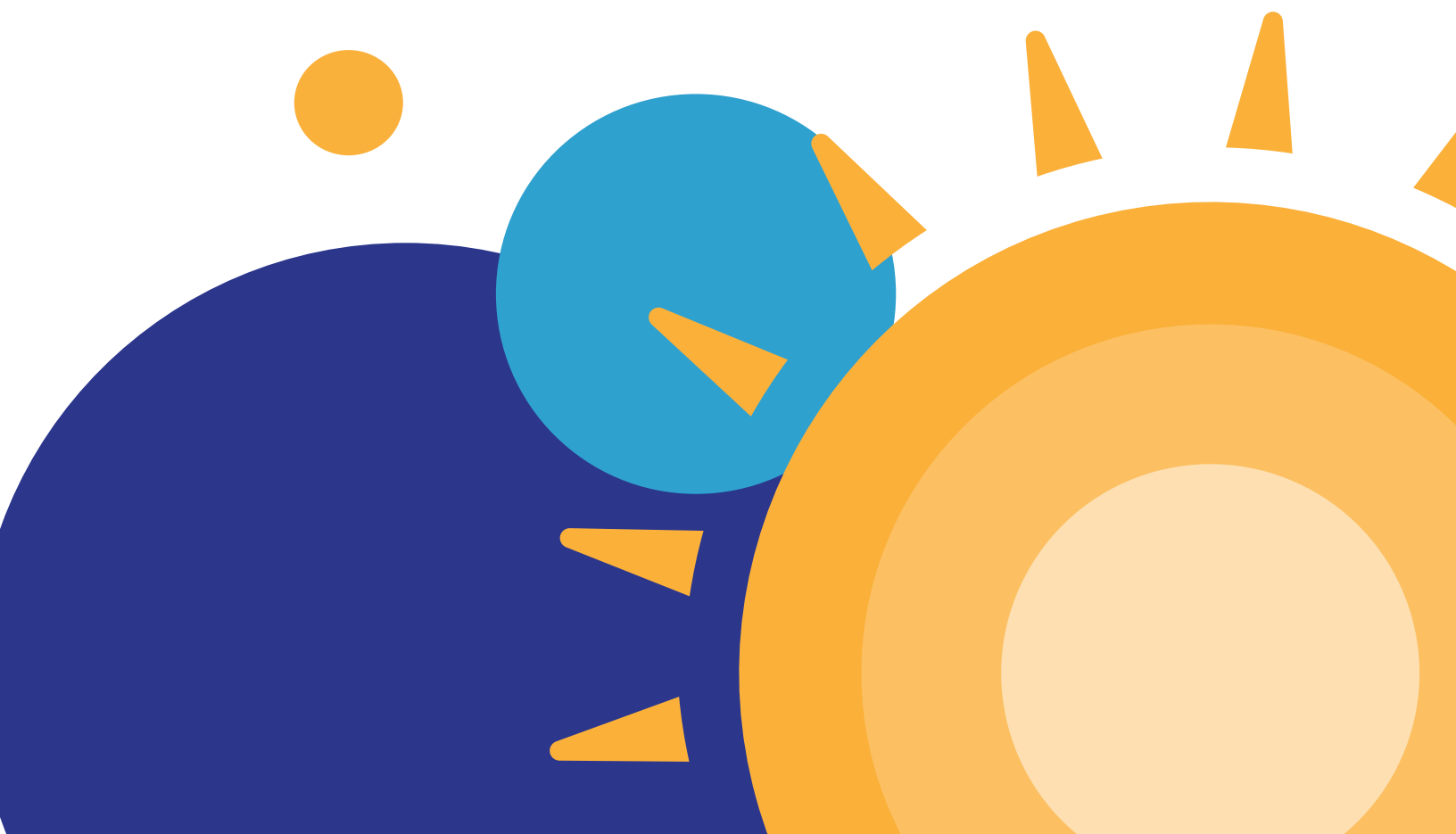


## 7. Combining Home Care and Adult Day Services: A Wraparound Model

Some families find the best solution is a combination:

- A **home care aide** helps your loved one start the morning, prepares meals, or provides evening support.
- During the day, they attend **adult day services**, where they enjoy social activities, health monitoring, and community outings.
- Transportation may be included, creating seamless continuity of care.

This model ensures your loved one receives **holistic support**, while you gain peace of mind knowing their needs are met in different settings.





# You're Not Alone in This Journey

Guilt, overwhelm, and uncertainty are common in caregiving. But choosing support isn't giving up, it's an act of love. This guide offers reassurance that you're making informed, compassionate decisions.

*"We've used the Active Day Center. The staff are very caring with their clients as well as the caregiver. You can feel totally at ease with the care and activities that your loved one will receive. We wholeheartedly recommend the service and would not hesitate to use it again, if the situation presented itself!"*

*-M. Stringham*

## Why Families Trust Active Day

With decades of experience, Active Day provides compassionate, person-centered care. We maintain lower caregiver turnover than industry averages, ensuring consistency and trust. Our holistic care coordination blends home care with adult day services for a complete wraparound solution, keeping your loved one safe, engaged, and supported.

**Start a Conversation**

<https://www.activeday.com/contact/>

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