

CRANBROOK *at home*

WHEN IS IT TIME FOR HOME CARE?



When is it time to consider in-home care?

How do you know if your loved one needs in-home care?

While the question may be hard to ask or answer, you don't have to face these issues alone. Follow this guide to help to determine whether you or a loved one may benefit from in-home care.

What is in-home care?

Maybe you've heard of the term "in-home care" through conversations with others, your doctor, the Government website myagedcare.gov.au or through online sources. With more than 100,000 Australians receiving some form of home care each year, it's important you know for sure what the term "in-home care" really means. We define it as any care and support that allows a person with special needs to stay at home. Though primarily used by people who are getting older, home care is also accessed by people who are chronically ill, recovering from surgery, or experiencing a disability. Home care enables access to a range of ongoing personal services, support services and nursing care that can help with day-to-day activities.

What are some of the early signs care is needed?

This can be a tough question because everyone is different. However, the fact that you are reading this may indicate you are already thinking your loved one may need some extra assistance.

Have you noticed a change in any of the following?

Accidents: Is your loved one having more accidents than usual? Accidents such as falling or tripping around the house? Or driving accidents, such as small scrapes or sideswiping the curb? While accidents can happen to anyone, an increased occurrence could mean that there's an issue.

Eating Habits: Have you noticed your loved one's eating habits have changed? Eating has become more or less frequent, there has been a loss of appetite, or meals are completely missed? Weight loss or gain can also be a key to a change in eating habits and may be the result of underlying health issues.

Food: Is there an overabundance or lack of food in the home, especially fresh food? Check in the fridge and freezer for expired foods.

Decreased Activity: Are you noticing a decrease in activity? Is there a decreasing desire to leave the house, or a lack of confidence to drive or use public transport? Is there an issue with personal mobility?

Social Life: Are friends and family coming around less often? Does it seem like there is no excitement or desire to socialise outside of the home or at all? Feelings of loneliness?

Personal Hygiene: Has there been a noticeable change in personal hygiene, e.g. not changing clothing, not bathing or brushing teeth and combing hair?

Medication: Have you noticed any issues with remembering to take prescription medication? Or have there been instances when more than the prescribed amount was taken? Has medication expired or old prescriptions still being taken? Are prescriptions being forgotten or left unfilled?

Housekeeping: Have you noticed the housekeeping seems to have declined? Are there noticeable changes in the way the house is cleaned or not being cleaned anymore? Are there growing signs of neglect, such as piles of dirt or dust, stains, spills and/or cobwebs?

Family Support: Family members may have moved out of the area or have other commitments that make caring for a loved one difficult. Or there may be no family available to provide support.

Changes in any of the above could be a result of many things from declining vision, poor mobility, depression or possibly dementia. It's important to first discuss these changes with your loved one's GP to rule out any medical conditions. Then it might be time for you and your loved one to engage with a professional in-home care provider.

What services can be included in home care?

Personal Care: These services involve assistance with personal hygiene like bathing, dressing, grooming, oral care and incontinence care.

Companionship: These services involve engaging your loved one in social activities like shopping, going out for a coffee, watching a favourite sporting event or attending social engagements. Another benefit of in-home care is the friendship that grows between the in-home carer and the individual receiving care.

Household Assistance: These services involve tasks such as laundry, light cleaning or providing transportation to appointments or grocery shopping. A further home support solution can be 24-hour or overnight in-home assistance, this can include a live-in personal carer or someone to just stay the night.

Health and Wellbeing: These services can include assistance with medications, nursing support or allied health therapies like physiotherapy or occupational therapy. This can also include supporting your loved one after a hospital visit and making sure they are comfortable and have all the necessary supports in place.

What should I look for when I need help caring for a loved one?

You should look for a personalised and solutions focused service staffed by people with experience and a passion for helping individuals live their lives to the fullest in the comfort of their own home. A good home care service will be responsive to your loved ones needs and flexible as requirements change.

We offer bespoke in-home care

Life's journey is not the same for everyone, a loved one can decline, and they can improve. They can have a health crisis and recover. Care needs change as your loved one's health and mobility changes. In choosing Cranbrook at Home our bespoke services can change along with your needs. You are working with a private in-home care provider who supports you and your loved one 24 hours a day, 7 days a week, 365 days a year.

Any other questions?

If you have any other questions relating to in-home care offered by Cranbrook at Home, please speak to our Business Manager.

Cranbrook at Home

Suite 3, Level 1, 8 West Street North Sydney NSW 2060 | T 02 9458 9950
E contact@cranbrookathome.com.au W www.cranbrookathome.com.au