

# RELIABLE *Resources*

for Older Adults, their Families and Professionals in Aging



[HomeInstead.ca](https://www.HomeInstead.ca)

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**Lakelyn Hogan Eichenberger, Ph.D.**  
Gerontologist & Aging Advocate

## Reliable Resources

The following resource  
sections are located in  
this booklet:

About Home Instead

Professional Support

Home Care & Help  
for Chronic Conditions



## Dear Friends,

Caregiving might not be the first thing that comes to your mind when you think “crisis.” But the challenges facing those who care for older adults could be an impending emergency unlike anything our society has faced. The number of Americans caring for older adults is staggering and on the rise.



6 in 10 Canadians (59%) aged 30 and over are either currently providing care or expect to be involved in caregiving at some point in their life.\*\*



In 2018, one-quarter of Canadians aged 15 and older reported they had, in the past year, cared for or helped someone who had a long-term health condition or problems related to aging.\*

Sources: \*\*Angus Reid - <http://angusreid.org/caregiving>  
\*Statistics Canada - <https://www150.statcan.gc.ca/n1/pub/75-006-x/2020001/article/00001-eng.htm>

Could this be you, someone in your family or a senior you serve? Many people may find themselves in the role of caregiver to an older adult suddenly and unexpectedly. These scenarios may sound familiar:

- The call comes in the middle of the night. Your mother has fallen. Does she need help at home?
- Is your father safe behind the wheel?
- Grandma’s forgotten to turn off the stove again. Is she still safe at home?
- A family caregiver bursts into tears in your office. Do you wonder what you can do to help?

Home Instead can be the answer to these dilemmas. Home Instead helps tens of thousands of families fulfill the care obligations that are so important to them. Home Instead helps older adults age safely in the place they enjoy most: their own home.

Home Instead’s 1,200 franchise offices worldwide provide a broad range of services through dedicated Care Professionals and staff. Home Instead’s professionally trained Care Pros provide that extra assistance that can enable aging adults to live safely and comfortably in their own homes for as long as possible.

This Reliable Resources document offers you more information about the many programs that are designed to help you provide better care and support for your family member or client.

Best Regards,

**Lakelyn Hogan Eichenberger, Ph.D.**  
Gerontologist & Aging Advocate

# *about* **HOME INSTEAD**

The Home Instead® network is passionate about caring for aging adults and the family members around them. This is why the care provided goes beyond the relationship between older adults and their Care Professionals. Home Instead supports aging adults, their families and Home Instead Care Pros 24/7 and offers quality assurance visits to connect with everyone involved in the care plan. This ensures the highest level of care is being offered by a company you can trust.

## **HomeInstead.ca**

Your 24/7 connection to support and resources for family caregivers and aging adults.

### **Here you'll learn more about:**

- Types of home care
- Chronic conditions that can jeopardize an older adult's safety
- Benefits of personalized in-home care
- Free resources to help aging adults, family caregivers and senior care professionals on topics ranging from parent and sibling communication, balancing work and family, making older adults' homes safer and protecting aging adults from fraud
- The many ways in which a Home Instead Care Pro can help

## **Alzheimer's Resources on HomeInstead.ca**

### **What you'll find:**

- In-depth learning resources
- Family caregiver training including DIY videos that address the top behavioural symptoms of dementia
- A network of support
- Live chats with Alzheimer's and caregiving experts
- Tools to locate service providers in your area
- Home care grants to fund care



# Home Instead Gives Back

**Home Instead® Charities:** Home Instead's philanthropy begins with our own charitable organization, which funds a variety of senior-focused charities to improve and enhance the quality of life of less-fortunate older adults.

**Be a Santa to a Senior®:** coordinates donations and channels them back into local communities, where the funds are used to surprise seniors in need with holiday gifts.

**Ready to Care®:** Home Instead's movement to encourage everyone to contribute acts of kindness to aging adults - because our individual efforts combine to make a greater impact.

**HFC® (Hilarity For Charity):** works with the Home Instead network to award home care grants to those providing care to loved ones with Alzheimer's or dementia.

**For more information, go to [ReadyToCare.com](https://www.readytocare.com).**





**Free Educational  
Webinar Series:  
Empowering Professionals  
in Aging**

*Presented by Home Instead®*

Home Instead is driven by our mission to enhance the lives of older adults. We know that professionals in aging share the same objective and that is why we offer a free webinar series in partnership with the American Society on Aging. Each month we will cover a variety of topics including medication management, end-of-life, technology, mental health, financial exploitation, and other important issues in aging. Your dedication and passion for learning is why we host this educational series. Working together, increasing our knowledge, and understanding the various perspectives of issues will help each of us in our mission to better serve older adults and families who care for them. Our team of Home Instead gerontologists, along with guest speakers, will share their expertise to educate and empower us all to be great advocates for our aging clients. Together we can change the face of aging.

The series is free of charge.

**Webinar topics include:**

*Mental and Emotional Health  
in Later Years*

*The Role of Technology in Aging*

*Effective Solutions for Medications in  
the Aging Population*

# PROFESSIONAL *support*

If you're a professional in aging, providing research-based resources and solutions to family caregivers can be life-changing. Challenges caring for aging parents can push busy caregivers to the brink of exhaustion. Home Instead provides a variety of resources for professionals as well as family caregivers. No-cost reliable resources are essential to both professionals and the aging adults and family caregivers they serve. From medication management to personal care and companionship, Home Instead is committed to supporting aging adults and the professionals who serve them.



## **Funding Solutions Guide**

When it comes to long-term care for aging adults, consumers have more choices than ever before. This guide can help older adults and their families determine which type of care is best and various ways to fund it.



## **Returning Home®** ReturningHome.com

This program provides essential caregiving assistance, as identified by medical professionals, to help ensure senior patients follow the assigned care plan and experience a successful transition from hospital to home.

To see a full schedule of webinars and to register, visit  
**[HomeInstead.ca/Professionals](https://HomeInstead.ca/Professionals)**

# HOME CARE & HELP

## *for chronic conditions*

**Home Instead helps older adults age safely in the place they enjoy most: their own home.**

From 24-hour home care to companionship for aging adults, Home Instead services provide just the level of at-home care you or your family may need.

### Types of Service:



#### **Personal Services**

Bathing, dressing, mobility and more



#### **Hospice Support**

Compassionate care helps keep a loved one comfortable



#### **Meal Prep & Home Helper**

Nutritious meals, medication reminders and light housekeeping



#### **Transportation**

Rides to doctor appointment, prescription pickup, grocery shopping and more



#### **Companionship**

Combat loneliness and isolation with regular visits from a Care Pro



#### **Specialized Senior Care Services**

From glucose monitoring to wound care, seniors receive higher-level care for a variety of situations



#### **Home Care Technology that Enhances Connections**

From virtual visits to stimulating brain games, Home Instead uses the latest technology to enhance the aging experience



#### **In-Home Care for Chronic Conditions**

Skilled Care Pros can provide:

- Alzheimer's and dementia home care
- Arthritis care
- Diabetes care
- Support for many chronic conditions, including cancer, heart disease, stroke, Parkinson's, weight-related issues, depression and many others

**From peace-of-mind to comfort and security, learn more about the benefits of home care at [HomeInstead.ca](https://www.HomeInstead.ca)**

*Working together.*



HomeInstead.ca