

10 Things to Know

Understanding In-Home Care Options



1 **Types of care**

The type of care, whether it is home health, palliative, hospice, or non-medical care, is determined by the intended care objective.



2 **Skilled vs non-medical**

Skilled home health refers to medical services requiring a nurse or therapist. Non-medical care includes companionship, personal care and activities that do not require a licensed professional.



3 **Explore options early**

Explore your options before you need non-medical care. Finding caregivers and building trusting relationships will take time.



4 **Evaluate your needs**

Your doctor will prescribe skilled in-home nursing and therapy care as needed. You and your loved ones determine your non-medical home care needs.



5 **Hiring caregivers**

When hiring non-medical care, you can use a home care agency to find caregivers or hire someone privately. Interview applicants for the best fit.



6 **Paying for in-home care**

Medicare and health insurance assist in covering costs associated with skilled care. Non-medical care is paid for privately or with aid from long-term care insurance, Medicaid, and the Veteran's Administration for eligible individuals.



7 **Care schedules**

Non-medical care can be scheduled for a few hours or full days depending on your needs, financial situation, and the availability of caregivers.



8 **Caregiver training**

Good caregivers will be willing to participate in ALS training and to understand your specific care needs.



9 **Respite care**

Enlist respite care services so your caregiver gets essential rest and time to focus on their relationship with you.



10 **Let us help**

Your local ALS Association care services team can help you identify your needs, understand the services and resources available, and provide ALS training tools for caregivers.