

# Coordinating In-Home Care

*For aging in place, it takes a community.*

Please check all services your loved one might require to successfully age in place:

- Bathing
- Dressing
- Personal hygiene
- Exercise assistance
- Walking
- Transfers
- Repositioning
- Meal planning
- Meal preparation
- Cleaning
- Laundry
- Non-medical supervision
- Socialization
- Companion to/from outings
- Respite services
- Nursing care
- Physical therapy
- Occupational therapy
- Speech therapy
- Mental health counseling
- Long term planning
- Advanced directives
- Caregiver counseling
- Conflict resolution
- Grief and/or end of life issues
- Specialized medical:
  - Dentists
  - Optometrists
  - Audiologists
- Assistance making appointments
- Assistance keeping appointments
- Coordinating medicines
- Nutritional counseling
- Bill paying
- Checkbook balancing
- Financial planning
- Legal advice
- Home renovations tailored to aging in place:
  - Installation of ramps
  - Installation of grab-bars
  - Widening of doorways
  - Widening of bathroom facilities
  - Converting tubs to showers
  - Adding additional lighting



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- Negotiation for medical insurance benefits
- Review of financial issues
- Review of legal issues
- Review of medical issues
- Education about services and benefits
- Help solving Medicare/insurance problems
- Review of health care bills
- Review of insurance claims
- Liaison for families at a distance
- Daily check-in calls
- Library services
- Home repair services
- In-home beauty services

- In-home massage therapy
- Senior center group activities
- Adult daycare services
- Crisis intervention
- Home delivered prescriptions
- Home delivered groceries
- Church outreach ministries
- Outdoor home maintenance
- Money management
- Assistance with personal affairs
- Mailing packages
- Watering plants
- Fish tank maintenance

**What other customized services?** \_\_\_\_\_

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