



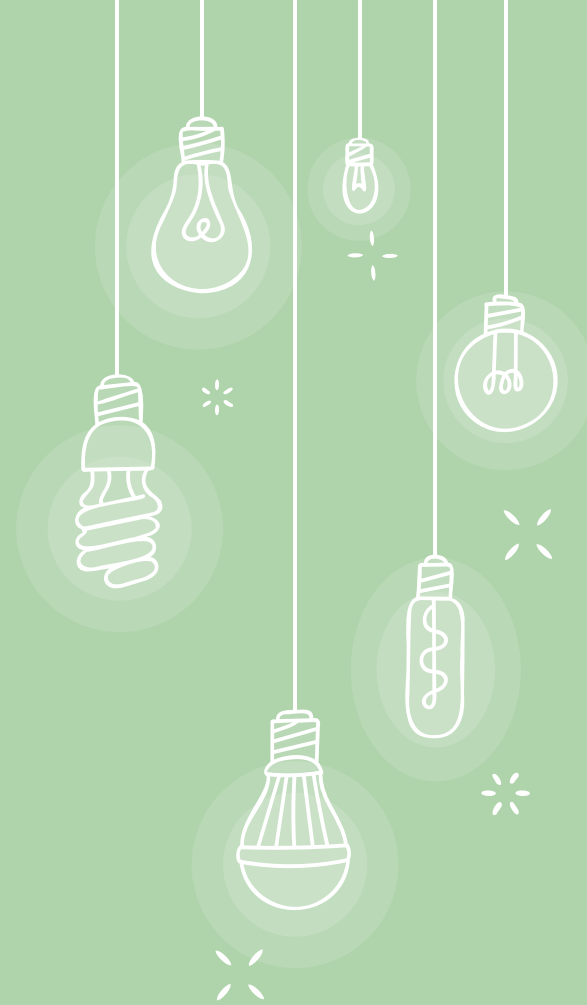
YOU NEED HELP, WHERE DO YOU LOOK?

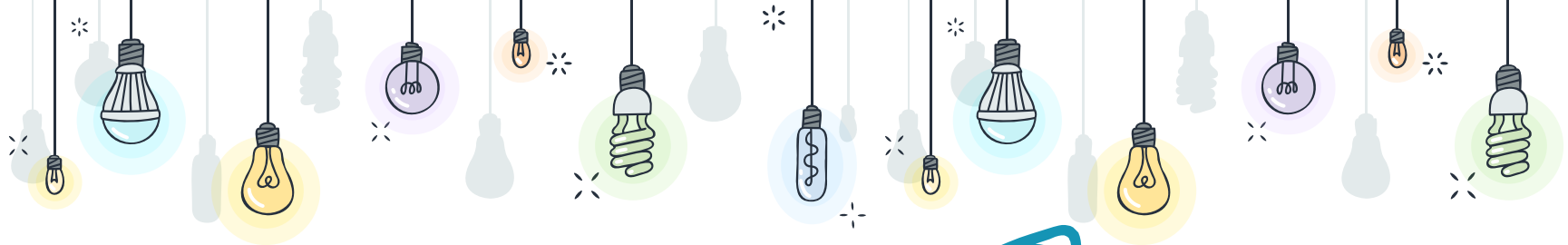
HELLO!



Hi, I am Jessica....

I am a wife to a soldier, 4 kids,
homeschool mom, teacher, and
just like most of you my family
was looking for care at one point
for a loved one.





REMEBER

Every journey starts with a step.

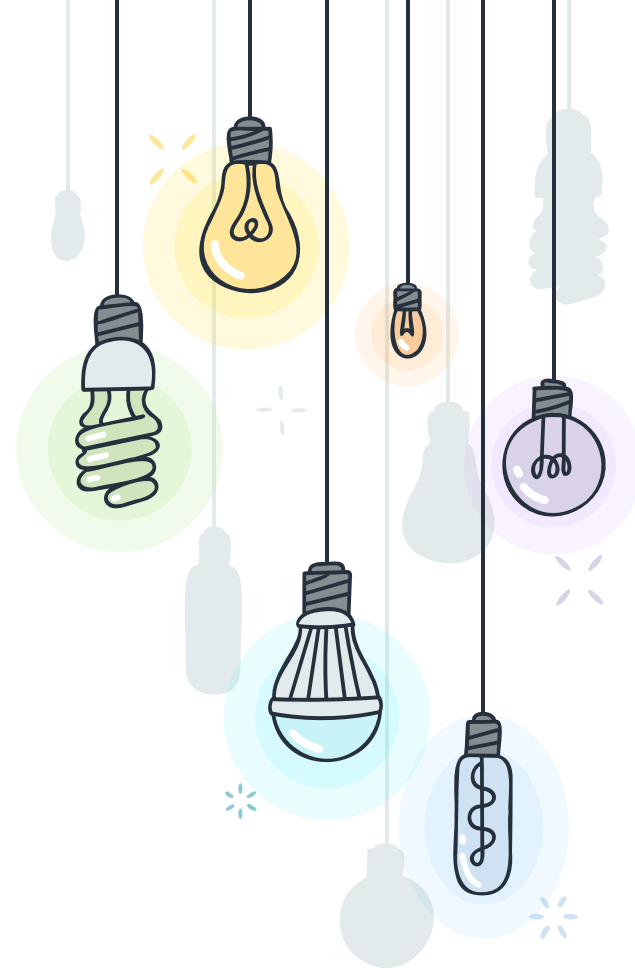
FIRST TAKE A DEEP BREATH

You are in new waters, you need to be gentle with yourself, your loved one, and remember your family that may not be close by.

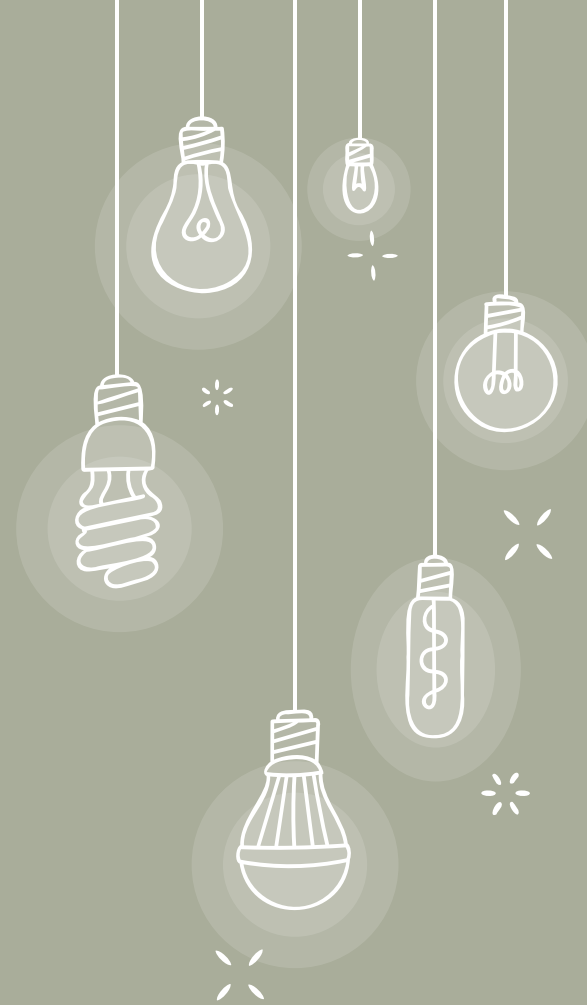




IT'S IMPORTANT TO INVOLVE YOUR LOVED
ONE IN THIS PROCESS!



THEY MAY NOT BE THERE FOR INTERVIEWS OR
PHONE CALLS (OR MAYBE THEY ARE). ONCE YOU
HAVE A LIST NARROWED DOWN LET THEM HELP
YOU FIGURE OUT THE COMPANY

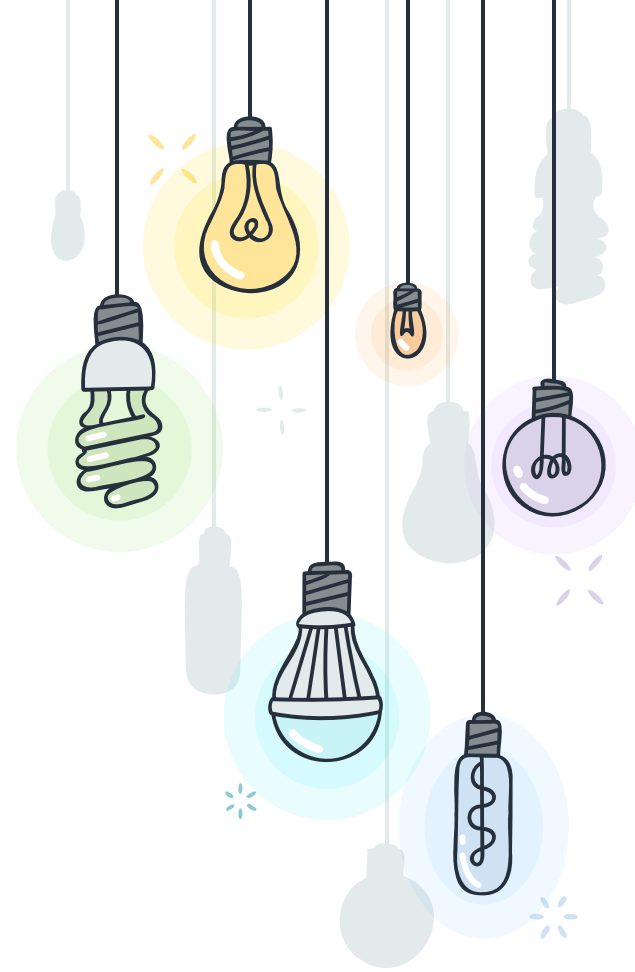


* NEXT THING YOU NEED TO FIGURE OUT?

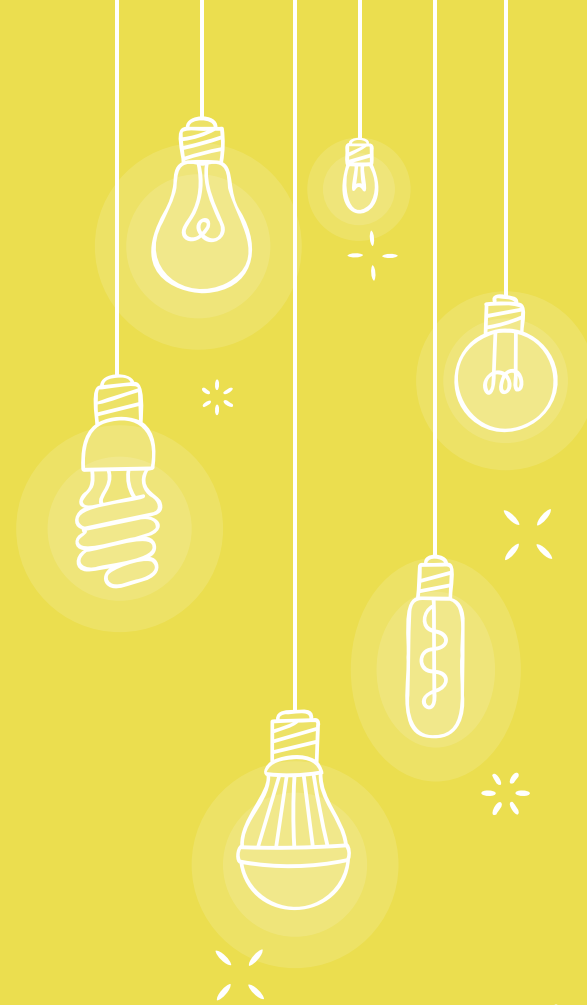
Sometimes it's hard to even find out what kind of care or level your loved one needs.

How do you go about figuring that out?

Talk to your insurance company and doctor!!



Notice different things that
change, hoarding, poor
hygiene, confusion, not
wearing suitable clothing for
the weather... Write them
down!



KNOW YOUR STATE LAWS!

This is so important. Not



* NEXT KNOW YOUR RIGHTS AS A CAREGIVER

The family medical leave act may cover you for getting time off to take care of your loved one during this time. The best idea is to ask your HR department about what you can do.

U.S. Department of Labor
Wage and Hour Division



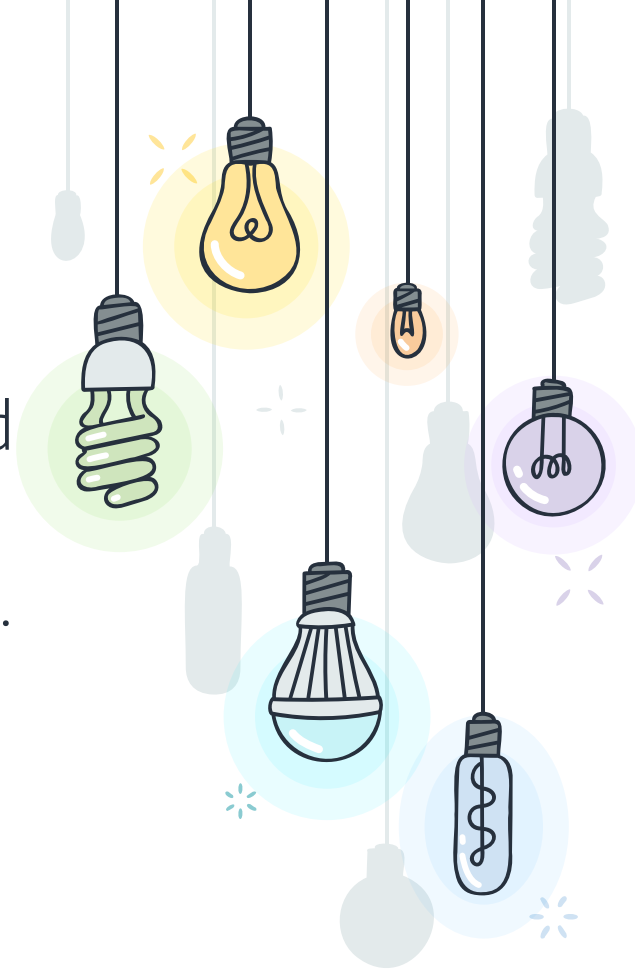
Fact Sheet #28: The Family and Medical Leave Act

The Family and Medical Leave Act (FMLA) entitles eligible employees of covered employers to take unpaid, job-protected leave for specified family and medical reasons. This fact sheet provides general information about which employers are covered by the FMLA, when employees are eligible and entitled to take FMLA leave, and what rules apply when employees take FMLA leave.

COVERED EMPLOYERS

The FMLA only applies to employers that meet certain criteria. A **covered employer** is a:

- Private-sector employer, with 50 or more employees in 20 or more workweeks in the current or preceding calendar year, including a joint employer or successor in interest to a covered employer;
- Public agency, including a local, state, or Federal government agency, regardless of the number of employees it employs; or
- Public or private elementary or secondary school, regardless of the number of employees it employs.

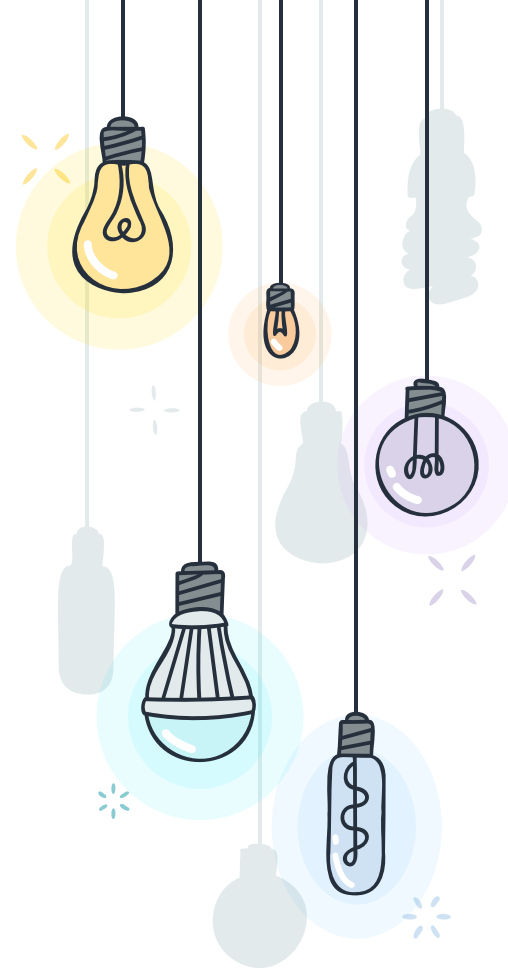




DIFFERENT TYPES OF CARE

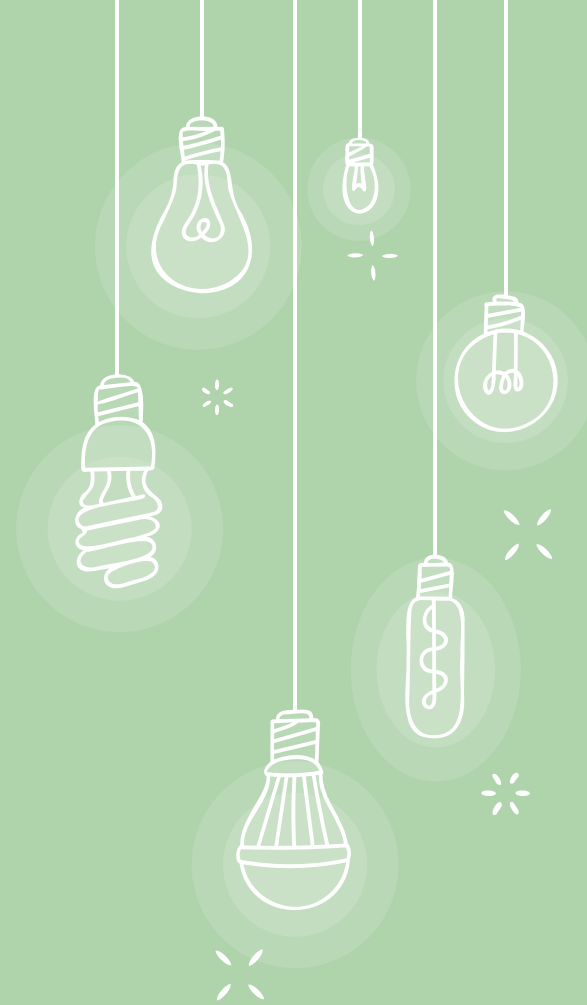
*Full Service agencies

*Independent providers



NOW IT'S TIME TO START LOOKING!

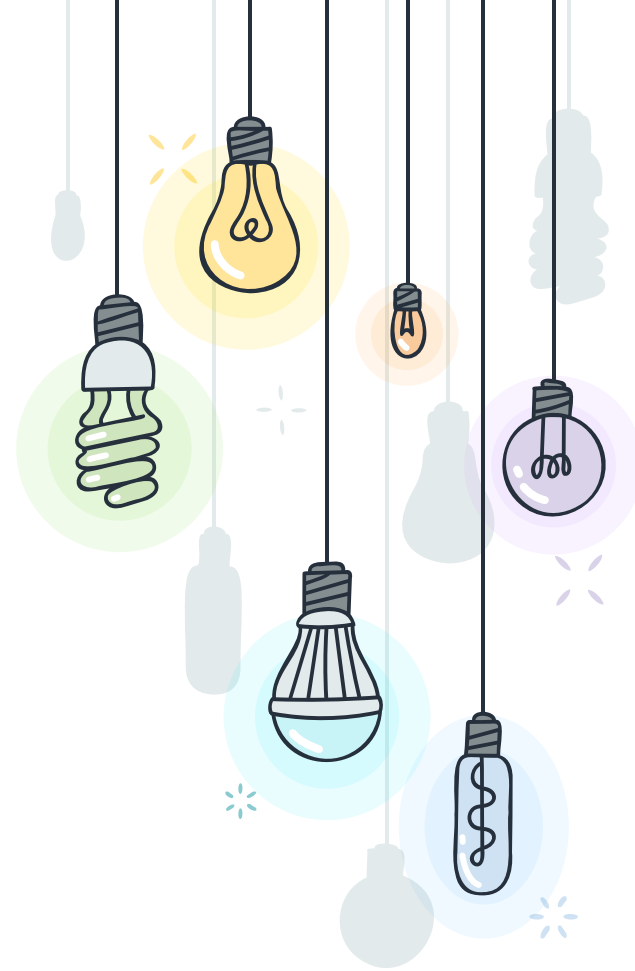
- * ASK YOUR DOCTOR FOR RECOMMENDATIONS
- * ASK FRIENDS AND OTHERS FOR RECOMMENDATIONS
- * GOOGLE REVIEWS



BEFORE YOUR APPOINTMENT MAKE A LIST OF QUESTIONS.

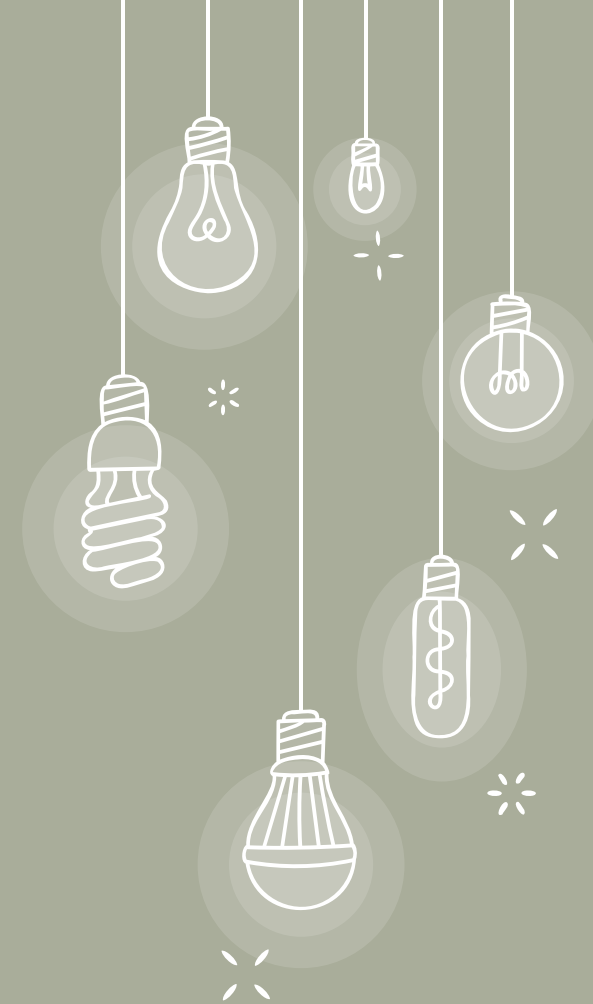


You will always forget something important. You will have a better chance of remembering your questions and the answers if you write things down.



LIST OF QUESTIONS TO ASK THAT YOU MAY NOT THINK OF...

- *Cancellation policy
- *Emergency cancellations like hospitalizations
- *What happens if your caregiver cancels?
- *How is an increase in need/hours handled?
- *Do you bill my insurance company?
- *Extra education (even internal) they have for staff
- *Changing point of contact.
- *Changing caregivers
- *Do they have a sheet of “extra’s”?
- *Do they do light housekeeping or cleaning?
- *Hour Minimums





NEXT YOU ARE GOING TO WANT TO START CALLING AROUND...

Ask some of your more important questions.

Of all the ones you like, after the phone calls, schedule in person interviews or at least face to face (zoom, google meetings, hangouts, ect.)



WHEN YOU ARE DOING THE INTERVIEW

1. Be very specific about tasks you want to have done.



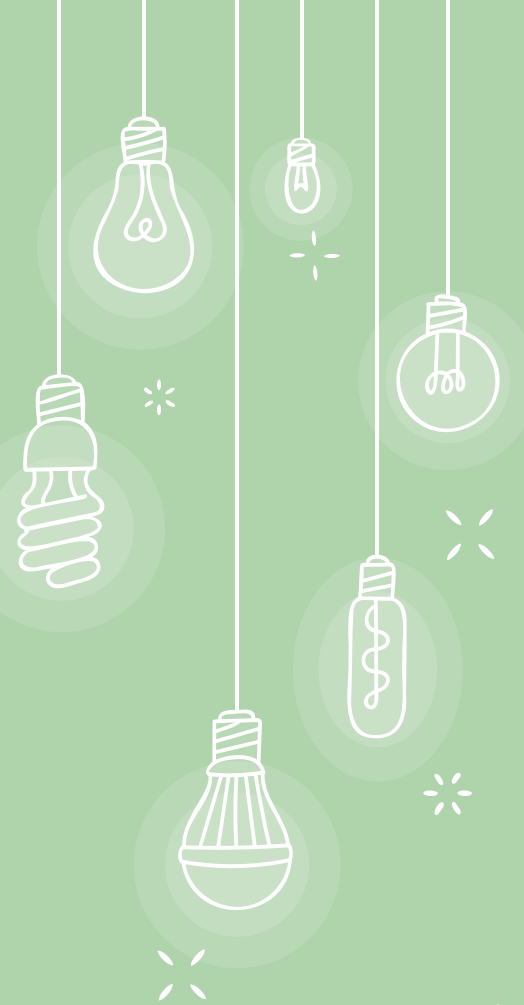
WHEN YOU ARE DOING THE INTERVIEW

2. Discuss compensation and payment schedules



WHEN YOU ARE DOING THE INTERVIEW

3. Make sure to understand how they will communicate how the day went and what happened during the day.

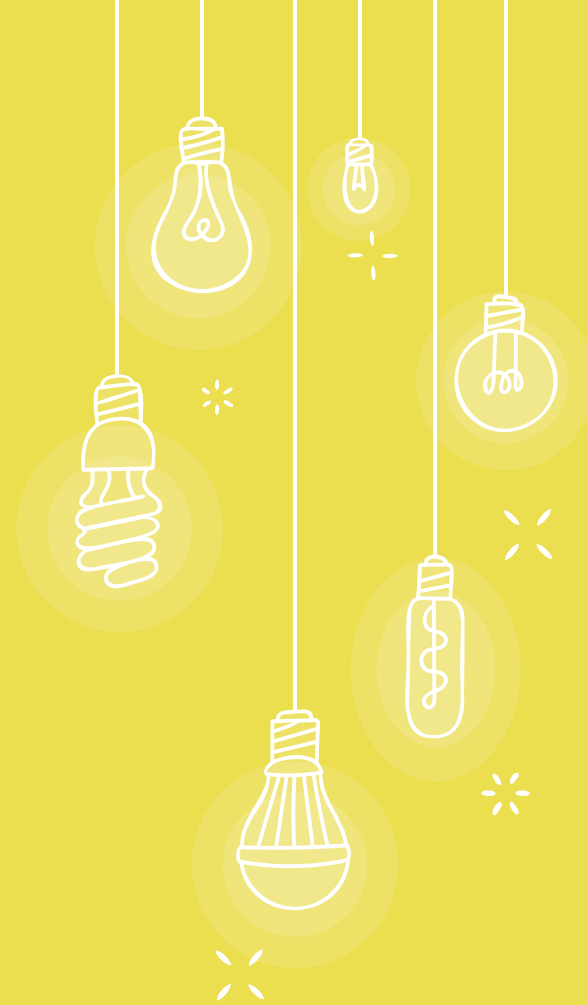


WHEN YOU ARE DOING THE INTERVIEW

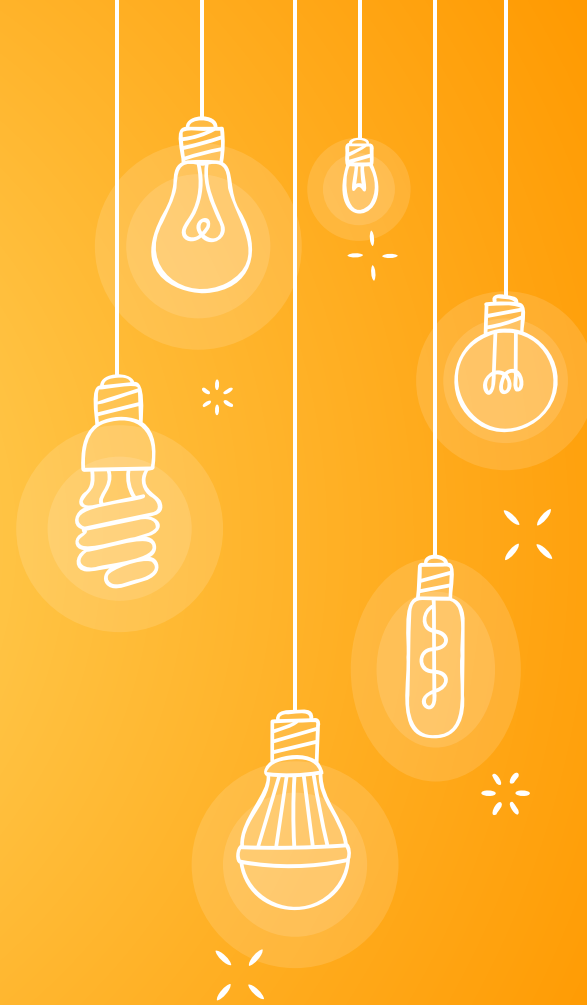
4. Move on if you don't feel like it's working for you.



Weigh everything out
remembering that you are
doing the best you can in this
moment. Talk to your loved
ones.

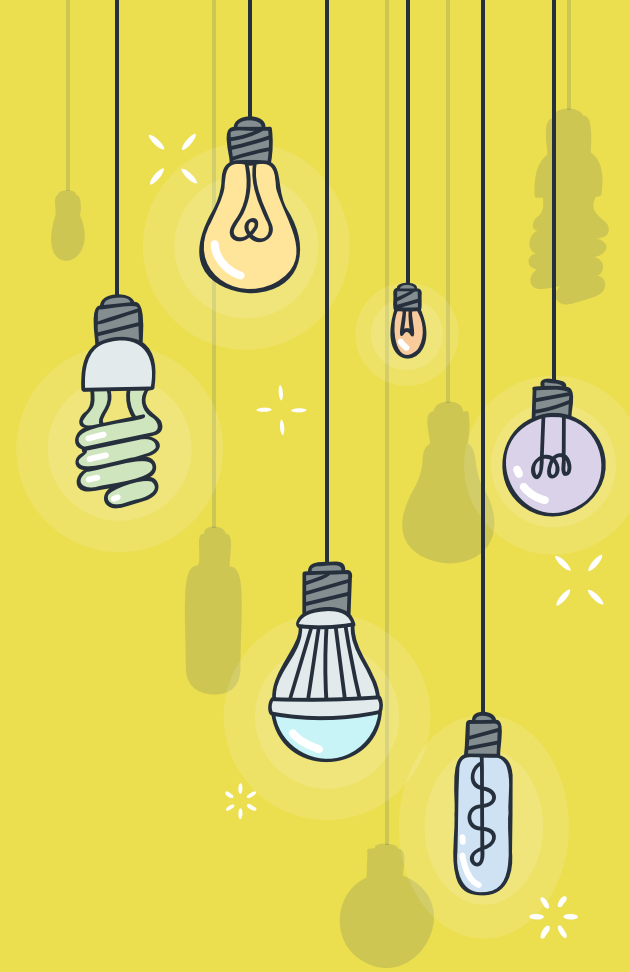


**Once you have found a
company you like, make sure
you sign a contract and lay out
clear expectations for both you
and them!**



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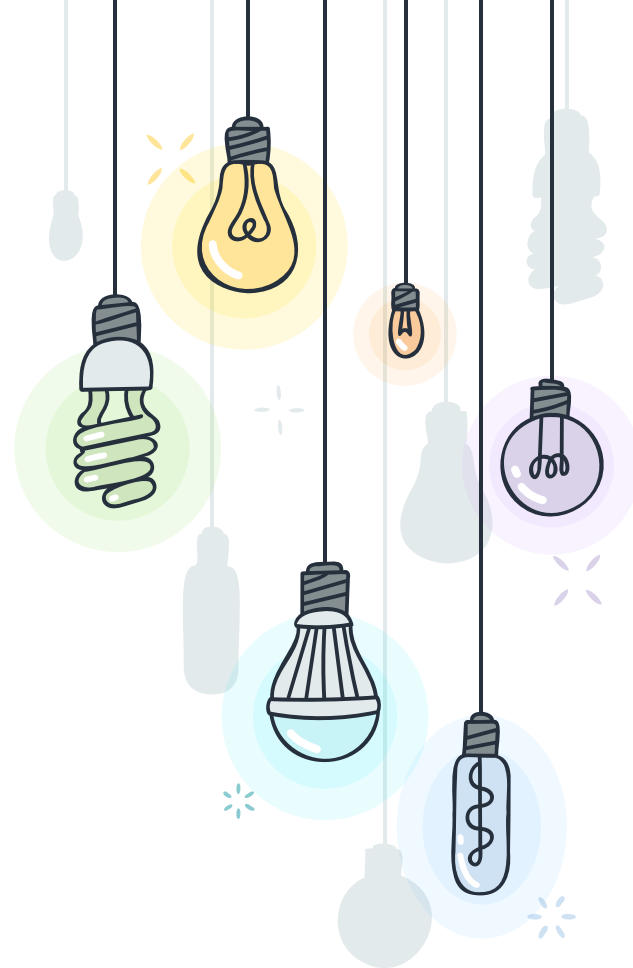
Now what.... Now that you
have the company you
want...



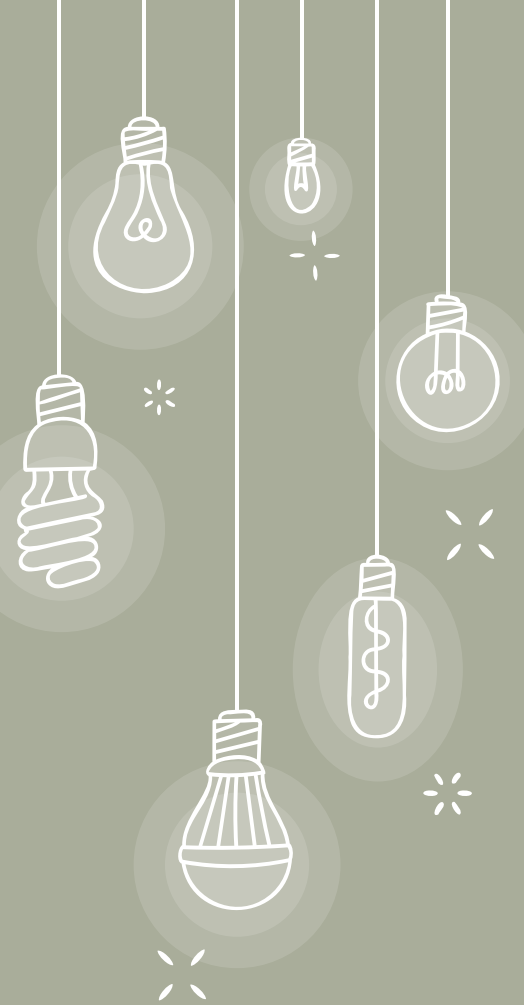


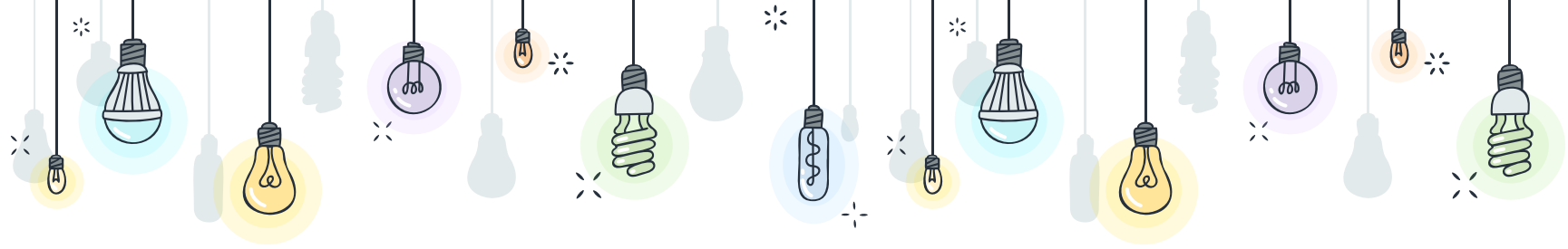
FIND A WAY TO KEEP TRACK OF
COMMUNICATIONS, EMAIL, A
NOTEBOOK, THINGS LIKE THAT. ASK
YOUR CAR COMPANY HOW THEY PREFER TO
COMMUNICATE WITH YOU.

WRITE DOWN DATES YOU TALKED TO
THEM AND WHAT WAS SAID.



BE CLEAR ABOUT TIMES YOU WANT THEM TO START,
DOWN TO THE HOUR YOU WANT THEM TO START. IF YOU
WANT THEM THERE AT 9AM EVERY DAY THEN THAT'S
WHEN THEY WILL SHOW. YOU ONLY WANT THEM THERE
FOR 4 HOURS? TELL THEM!

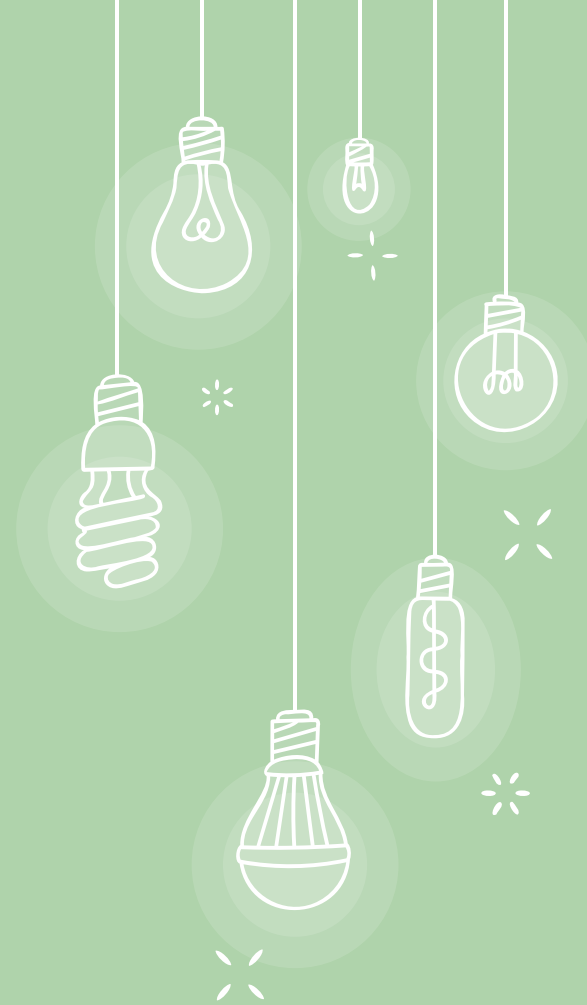




TELL YOUR LOVED ONE WHEN AND WHAT TIME CARE
WILL START, TALK TO THEM ABOUT IT. DON'T LET
THINGS BE A SURPRISE. THEY ARE ALREADY SCARED,
SURPRISES MAKE IT WORSE.

AFTER THE FIRST DAY TALK TO YOUR LOVED ONE AND
ASK THEM HOW IT WENT, HOW THEY ARE FEELING
ABOUT IT.

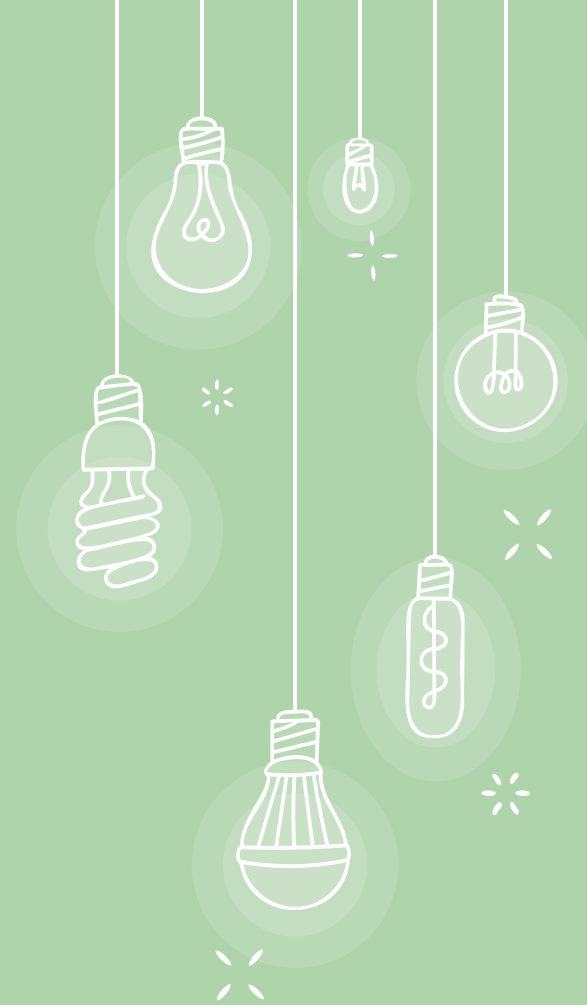
COMMUNICATE THAT TO YOUR CARE COMPANY AS
WELL AS OTHER FAMILY/LOVED ONES



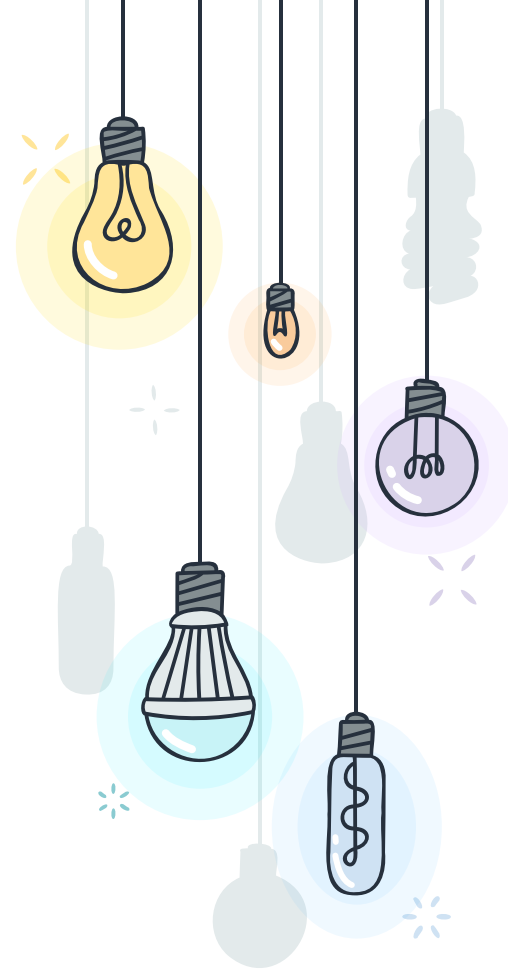
COMMUNICATE ANY AND ALL CHANGES YOU WANT

DON'T WAIT TO TALK TO THEM ABOUT THINGS YOU
WANT TO CHANGE

ASK ANY AND ALL QUESTIONS AS THEY COME UP.
YES, SEND THAT EMAIL!

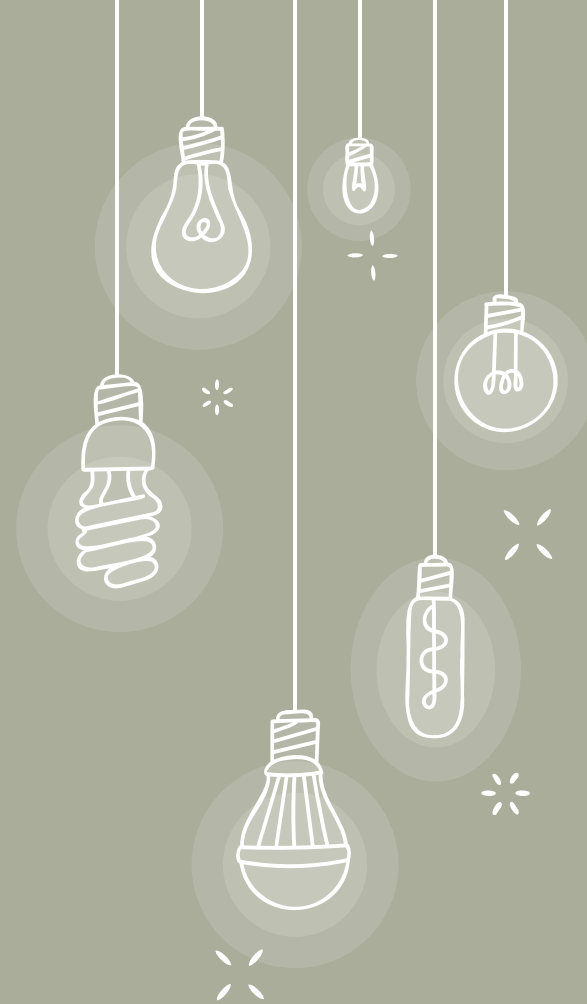


KEEP THINGS POSITIVE. INSTEAD OF JUST ASKING "HOW DID IT GO?" ASK THINGS LIKE "WHAT WAS YOUR FAVORITE PART OF THE DAY?"



DON'T BE AFRAID TO MAKE CHANGES
WHEN NEEDED.

REQUEST THINGS FROM YOUR CARE
COMPANY AND MAKE SURE THEY KNOW
YOU WANT TO KNOW WHAT CHANGES
THEY SUGGEST AS WELL.

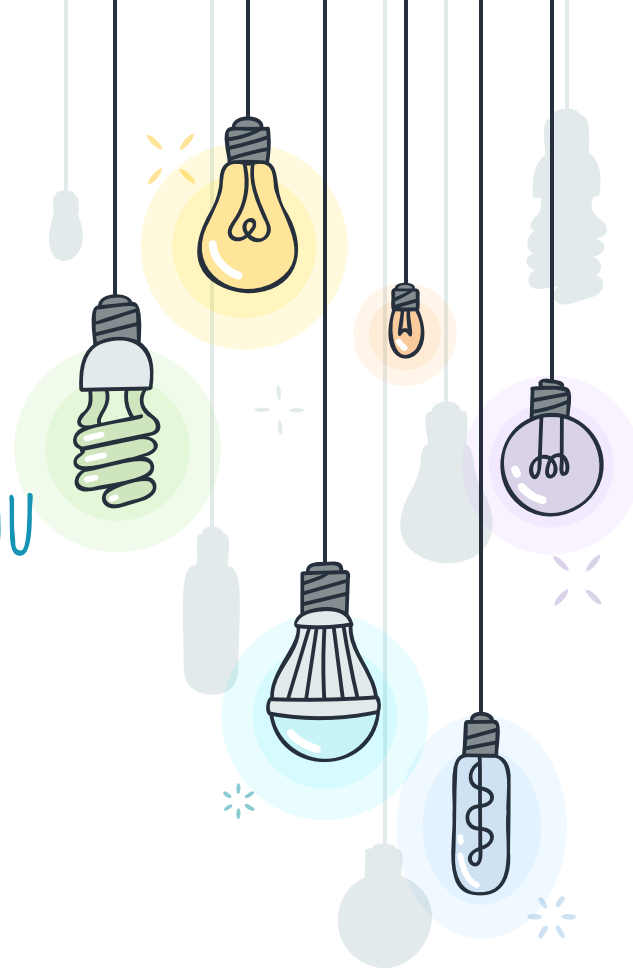


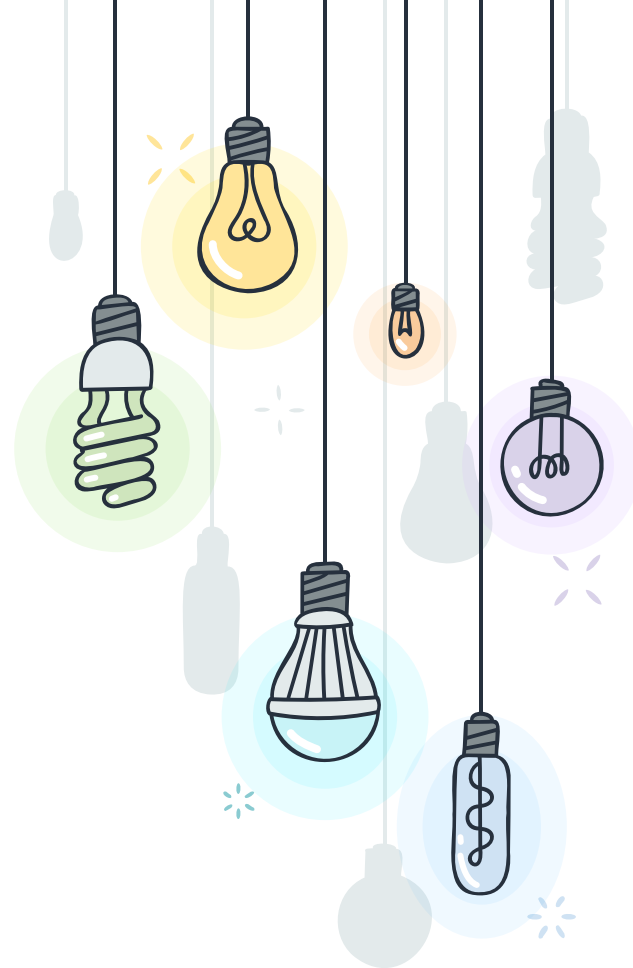
ASK YOUR CAREGIVERS HOW THEY
THINK THE DAY WENT. MAKE
SURE THEY ALSO KNOW HOW YOU
FEEL ABOUT IT. REMEMBER, THEY
ARE ROOTING FOR YOU!





IT'S IMPORTANT TO REMEMBER TO ALSO JOIN SUPPORT GROUPS. LOCAL WOULD BE BEST BUT IF YOU WANT, FACEBOOK AND OTHER SOCIAL MEDIA SITES HAVE SOME.



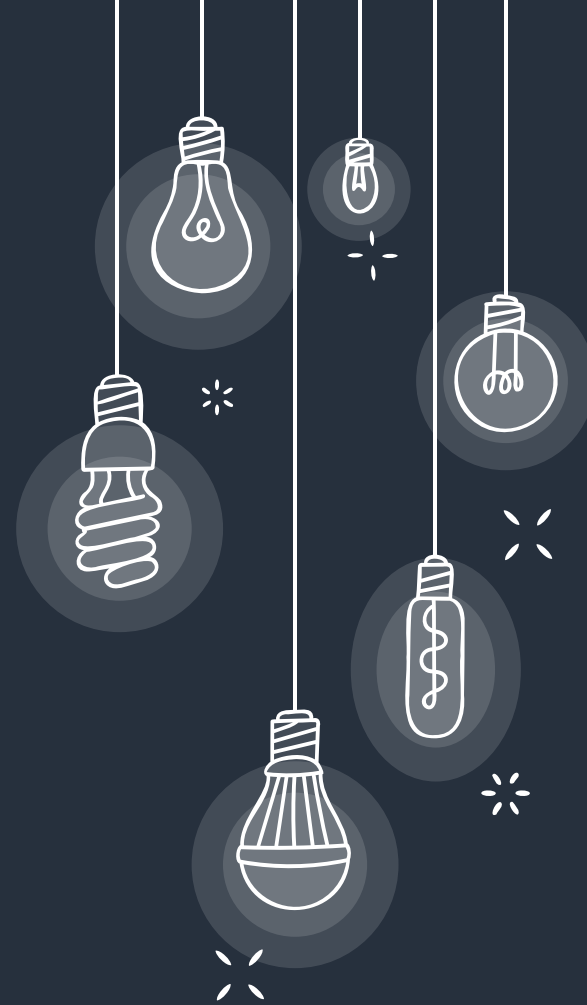


THANK YOU SO MUCH FOR HANGING OUT WITH ME!

Any questions?

You can find me at:

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- + www.facebook.com/ComForCareBoise
- + 208-297-5016



References:

Fact Sheet #28: The Family and Medical Leave Act

<https://www.aarp.org/caregiving/home-care/info-2021/assessing-need-for-caregiver/?cmp=RDRC-T-8e1a80b3-20210629>

<https://www.nia.nih.gov/health/what-are-signs-aging-parent-needs-help>

