

VALUE OF AN IN-HOME ASSESSMENT

Have you been thinking about getting someone to help with chores around the house or thinking it would be helpful to have someone be able to assist you with your personal care? Perhaps you or someone you care for could benefit from home care. Arranging for home care can feel overwhelming but help is available.

The first and most important step is to have a free, independent and comprehensive assessment. Think of the assessment process as a key that “unlocks” services and information. An assessment can also reduce stress and anxiety. Talking with agency staff who are familiar with services will help you gain confidence and you will also be able to set up a plan so that you or a family member can remain as independent as possible. Staff can help you determine or how much care is needed to live safely and independently. They can also help you understand the difference levels of housing such as Senior Apartments, a Family Care Home, an Adult Care Facility or a Skilled Nursing Home. Most importantly for many people, staff can provide information on how much these various choices cost.

Step one: Call Broome County CASA/In-Home Services at 778-2420 to arrange for an assessment. Any resident of Broome County is eligible for an assessment regardless of financial resources. The initial conversation will be with a nurse who will request some basic information about medical history, family involvement, challenges and Medicaid eligibility. Within two days a case manager will call to schedule an appointment for the in home assessment.

Step two: The in home assessment will take approximately one to two hours. The purpose of the interview is to determine the goals, wishes and needs of the client. Questions asked will be about chronic conditions, medical conditions, medications, cognitive ability, the home environment and financial circumstances.

Step three: Developing a care plan. A care plan will outline possible solutions to the challenges that the client and their family face. Specific advice and direction will be offered so that the client and family can make decisions. Often clients and families are surprised to learn about the many supportive services available in our community. They are also pleased to learn how minimal supports can help seniors age in place. If care at home is no longer feasible, the assessment team provides valuable information about alternative residential options that emphasize an older person’s independence in the least restrictive setting.