

The Right Help at Home

Your Guide to Arranging the Best Home Care for
Your Aging Loved One

In this comprehensive guide, we'll help you
explore your options so you can arrange the best
home care setup for your loved one.

RetireEase.com

There is No One-Size-Fits-All in Caregiving

Perhaps your aging uncle underwent a recent surgery, or your wife keeps forgetting to take vital medications.

Maybe you simply need an extra pair of hands. Whatever your reason, it's come time to find in-home help, so your loved one can receive all the benefits of a professional caregiver while they continue living in their own home.

A professional home caregiver plays a vital part in easing the stress that can come with caring for an elderly family member by providing much-needed support. Offering a range of services, caregivers can provide companionship, help around the house, or even assist with daily living activities.



We understand that finding a caregiver for your loved one can be a daunting task.

Not only do you have to select a person who is qualified and reliable, but they also have to be someone you trust with your family member.

We're here to help you through the process by providing important information on what options are available, tools and resources to help you find the perfect caregiver, and ways to pay for this service when finances are tight.

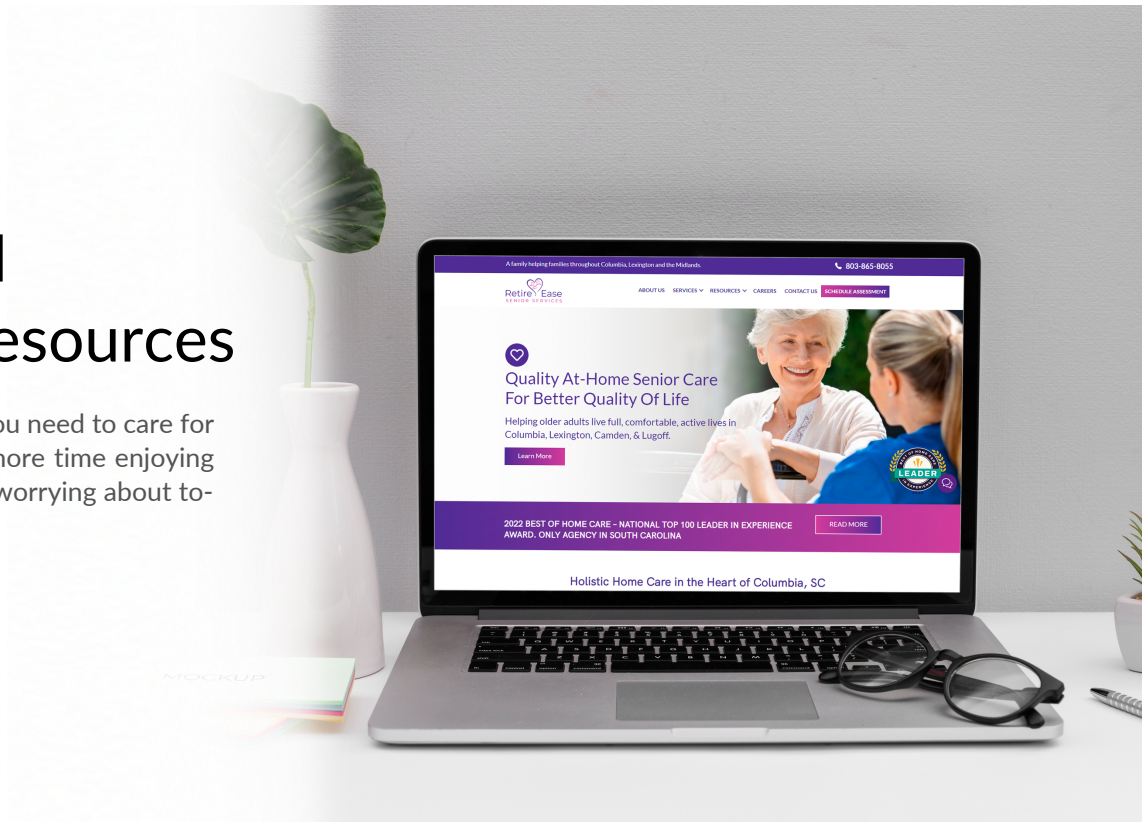
RetireEASE is the premier senior caregiver service in Columbia, SC. We're passionate about integrated care because we understand the importance of caring not just for people's physical needs but for their mental and social needs as well. More than simply ensuring your loved one can live independently, we're dedicated to helping your loved one continue to live a full, active life.

While the purpose of our home care guide is to provide useful information for your situation, we are not a substitute for professional medical, financial, legal, or tax advisory. We recommend you consult with your medical and financial advisors to make the best decision for your loved one. Please note that neither RetireEASE nor any of its employees assume liability or responsibility for damage or injury to person or property arising from any use of information found in our guide.



Home Care and Elderly Adult Resources

Get the information and resources you need to care for your loved ones so you can spend more time enjoying each other's company and less time worrying about to-do lists.



Home Health Care

www.RetireEASE.com

RetireEASE specializes in providing in-home caregiving, but we believe home healthcare looks different for everyone. Speak with one of our care advisors to arrange an in-home consultation and learn more about how we can support you and your loved one.

Speak with a Care Advisor at (803) 408-1500 or (803) 865-5033

Elderly and Aging Support Groups

Caring for an aging loved one is challenging even with the support of family and friends. Getting together with others who are walking similar paths can make all the difference. Find answers and support in these topics:

Alzheimer's and Dementia, Parkinson's Disease, Veterans Assistance

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Chapter 1

Home Care and Elderly Adult Resources

Accepting your aging loved one needs home care can be difficult. However, having the right information and resources can ease the stress and frustrations for you and your family.



How Can You Tell When A Loved One Needs Assistance?

Though no two journeys are exactly alike, family members typically fall into the caregiver role due to sudden changes or unexpected events such as a stroke, fall, or surgery complications. Things can happen that may cause your loved one's care needs to increase almost overnight.

As caregivers, we often find that the journey to providing care for a loved one is gradual. There may not be a specific moment when we say to ourselves, "Now I'm a caregiver," but we begin noticing changes in how our loved one interacts with the world.

There are several telling signs that can indicate when a loved one is struggling to take care of themselves. Whether the change is abrupt or gradual, it's important to be aware of these warning signs and provide the necessary support.



What should you look out for?

Destructive or harmful behaviors are often the clearest sign someone needs more support. Sometimes this presents as emotional, verbal, or even physical aggression, and other times it's fits of confusion that put their safety at risk. Still, there are often many more subtle signs to watch for. We've gathered a list of some of the most common warning signs for you to the right.

Identifying these signs early on allows you and the rest of your family to create a plan to ensure everyone's needs are met.

If your loved one has shown any of the concerning signs on our list, it just may be time to bring on a home health aide. To find the best fit for your aging loved one, we created a printable Home Care Checklist you can take with you during caregiver interviews.

Do You Know These Common Signs that Your Aging Loved One May Need Extra Help?

Physical

- Fluctuating weight
- Balance problems
- Poor hygiene
- Sleeping too much or too little
- Unexplained burns or bruises

Home environment

- Unkempt yard
- Unusual carpet stains
- Excessive clutter (newspapers, piles of junk mail)
- Unusual odors (urine, garbage)
- Not enough food in the house
- Failure to turn off stove or water after use

Emotional

- Mood swings
- Abusive behavior; outbursts
- Lack of motivation
- Uncharacteristically anti-social behavior

Cognitive

- Confusion
- Memory loss
- Repetition
- Hallucinations Other
- Dents/scratches on the car
- Unfilled or untaken prescriptions
- Unpaid bills



Having the Home Care Conversation

When it becomes apparent that a family member needs assistance, often their major concern is they will have to leave their home and lose independence. Professional in-home care can make this a possibility. Still, it can be difficult for seniors to accept that letting a caregiver into their home—often a stranger—is worth the peace of mind that comes with knowing their needs are being met.

If at all possible, it's important to have tough conversations early on, before care needs escalate beyond your abilities.

Here are a few strategies to make these conversations easier.



- 1. Approach the conversation with empathy and understanding** – As we age, it's common to feel like we're gradually losing control over our lives. This can be a difficult feeling, especially when it comes to our independence and freedom. Your loved one is likely frustrated and confused by their new reality. Listen to their concerns without judgment and meet them with compassion.
- 2. Location is everything** – When it comes to having difficult conversations with our loved ones, setting the stage for success is key. By picking a quiet, distraction-free area, you can ensure you have their undivided attention. Make sure to face them directly as you talk – this will help keep the conversation flowing smoothly.
- 3. Stay calm** - This is a sensitive topic for everyone involved, so emotions may run high. Focus on staying calm and avoid raising your voice during the conversation. Even with otherwise mild-mannered elderly adults, this topic can be upsetting. In people with hearing issues, it can be particularly frustrating. We recommend keeping your voice soft and properly enunciating to avoid stirring up more frustration.
- 4. Treat them like adults** - No one likes to be belittled, especially when they've lived a full and long life. No matter what, don't infantilize them by speaking to them as you would a child. This conversation is about maintaining their dignity even as they age and you bring in a caregiver.
- 5. Actively listen** - It's important to be a good listener and not simply wait for your time to speak. Really listen to what they're trying to say and try not to interrupt them or fill the silence. You may find it helpful to summarize what you understood from their statement to make sure you're on the same page.



Chapter 2

The Ins and Outs of Professional Home Care

Discover the basics of home care and learn about the companionship and personal care service we provide.



What You Need to Know About Home Care

Now that you're aware of what home care is, it's important that you know what to expect when hiring a professional caregiver. Each type of home care comes with its own benefits, costs, and levels of support. In general, home care can be sorted into two categories - **medical** and **non-medical**.

- Non-medical home care is most effective when seniors are looking for someone to provide them with socializing opportunities. They're there to keep company, help with household tasks, and serve as a friendly presence.
- Medical home care provides a much more highly specialized level of care. They're there to fill gaps caused by medical conditions and help seniors maintain their independence from a health perspective. Visits tend to be more frequent - often at least once a day - and may even require the presence of a nurse or LPN (licensed practical nurse) to handle needs like administering medications.

The type of care you need will depend on your loved one's specific situation, your family's availability to assist, and what your aging loved one is looking for from a caregiver.



Should you hire an agency or independent caregiver?

You have two main options when looking for home healthcare: a licensed agency or an independent caregiver.

If you are looking for a more comprehensive level of care, agencies are a great choice because their caregivers are licensed and insured, receive ongoing specialized training, and have been thoroughly screened. They also offer a wider range of services or can provide your loved one's needs. Better yet, if you need more coverage or specialized care than one caregiver can provide, an agency can assign multiple people to fill the gaps.

Common Myths of Home Care for the Elderly

1. In-home care for the elderly does not provide enough opportunities to socialize.

Many people assume that seniors in home care lack social opportunities because they're not out and about. The truth is that your loved one can choose to let their caregiver know if they'd like to explore social opportunities. Some agencies offer special outings and events for seniors, while others may rely on third-party resources to put together an engaging and varied social calendar.

2. Home care is too expensive.

The cost of home care depends on the level of care and type of service you're looking for. Independent caregivers tend to be less expensive than agencies because they charge per hour. When it comes to the type of service, medical home care is more expensive than non-medical because of the need for more frequent visits and the use of additional resources. Many seniors qualify for government assistance so be sure to check research available state and federal resources.

3. Hiring a caregiver means you have to take a drastic step and bring on a full-time professional.

Many seniors are in need of assistance in the home but aren't looking for full-time care. If that's the case for your loved one, there are other options available, like part-time care.

Independent caregivers are a great option if you're looking for a more personal connection with your caregiver. For example, perhaps you'd prefer to bring in a caregiver you already know and trust such as a friend or acquaintance with previous experience. Since they're not affiliated with any agency, independent caregivers usually have fewer clients and can devote more time and attention to each one. However, it's important to do your research before hiring an independent caregiver to make sure they're trustworthy and capable of providing the care your loved one needs.

Either way, it's best to seek out the services of a finance professional, such as an accountant or a lawyer, to help you legally navigate the world of freelance caregiving.



How much care does your senior need?

If you're not sure which type of caregiver would be best, you can consult with your medical professional.

There are a couple things to keep in mind if you think a live-in caregiver might be the right choice for your senior. First, not all agencies offer a live-in caregiver option and you may have to coordinate shift caregivers if your loved one requires 24/7 care. Second, seniors with dementia or Sundowner's Syndrome or who otherwise don't sleep through the night may benefit from a shift caregiver over a live-in caregiver. A live-in caregiver will need a good night's sleep to provide the best care. A shift caregiver won't sleep during their time with your loved one and thus will remain on watch as your senior sleeps.

Still not sure what kind of in-home caregiver is right for your situation? Schedule a consultation with one of our Care Coordinators to discuss your best care solutions.

4. Home care isn't a good option for elderly persons who need 24/7 care.

Home care services are available around the clock, so there is no need to worry about your loved one being alone at night.

Some agencies offer round-the-clock coverage and some caregivers provide live-in care for seniors who need help with nighttime needs like medication administration and mobility management.

5. If a family member is available to be a caregiver, there's no need for outside help.

Not everyone has a family member who can care for them. And even if they do, it may not be the best option for their loved ones or themselves. Professional caregivers can work in conjunction with a family caregiver to create a balanced schedule that works for everyone involved.

Chapter 3

Determining The Right Home Care Solution

There are many factors to consider when looking for a home care provider including safety, accessibility, and cost. Learn what to look for in a home caregiver and think through your loved one's care needs with our comprehensive worksheet.



Finding The Perfect Fit for Your Loved One

In-home care can be more cost-efficient, flexible with your schedule, and can provide a higher level of dignity than other options. Your loved one may need help with daily activities such as dressing, bathing, and getting around. Or, they may need more specialized care such as Alzheimer's or dementia care or even end-of-life care.

You've spent hours compiling a list of possible agencies and independent caregivers, but now the real work begins!

Interviewing the Agencies

Researching your options is the next step in finding the best agency for you. The first thing you should do is to contact each one and ask them about their fees, availability, qualifications, expectations from clients, etc. This allows you to eliminate options that won't meet your needs immediately.

Different families have different needs, and some agencies out there simply won't be able to provide for your loved one. To gain a deeper look at the home care providers on your list, here are some questions to ask:

- How long have you been in business?
- Do you use federal and state employee background checks?
- Will you create an individualized plan my senior family member?
- Is there a documented and accessible process for reporting and responding to complaints?
- Can you provide at least two references for your agency?



Finding An Independent Caregiver

If you choose to pursue an independent caregiver, many of the same considerations will apply as if you were to go with an agency; however, you'll also have to manage the caregiver **yourself**.

This means you'll have to monitor their quality of care, manage their schedule, and there's also no immediate boss to report to should suspicions of abuse arise.

- **Most eldercare experts agree that using a well-known and trusted agency is the best way to find quality home care. Hiring an independent caregiver can be risky, so unless you have a pre-existing relationship with them, it is usually best to avoid this option.**

Home Care Red Flags

This is a vulnerable time for you and your family and there's a lot of information coming your way at once. Overwhelm can leave you open to overlooking things, which could result in unpleasant consequences down the road. Here are some of the most common missteps we've found that families make:

1. Not setting clear expectations.

The caregiver should understand what tasks need to be completed and know what resources or supplies they'll need so they can plan accordingly. You should also discuss things like hours, pay rates, mileage reimbursement, etc., before starting any work with a caregiver.

2. Making assumptions.

Not all agencies are the same. Some providers offer only light or "companionship" care, while others can provide additional services like helping with assisted daily living activities. Some agencies aren't available at all hours of the day, while others can accommodate your schedule no matter what time of day you need support. When in doubt, ask!

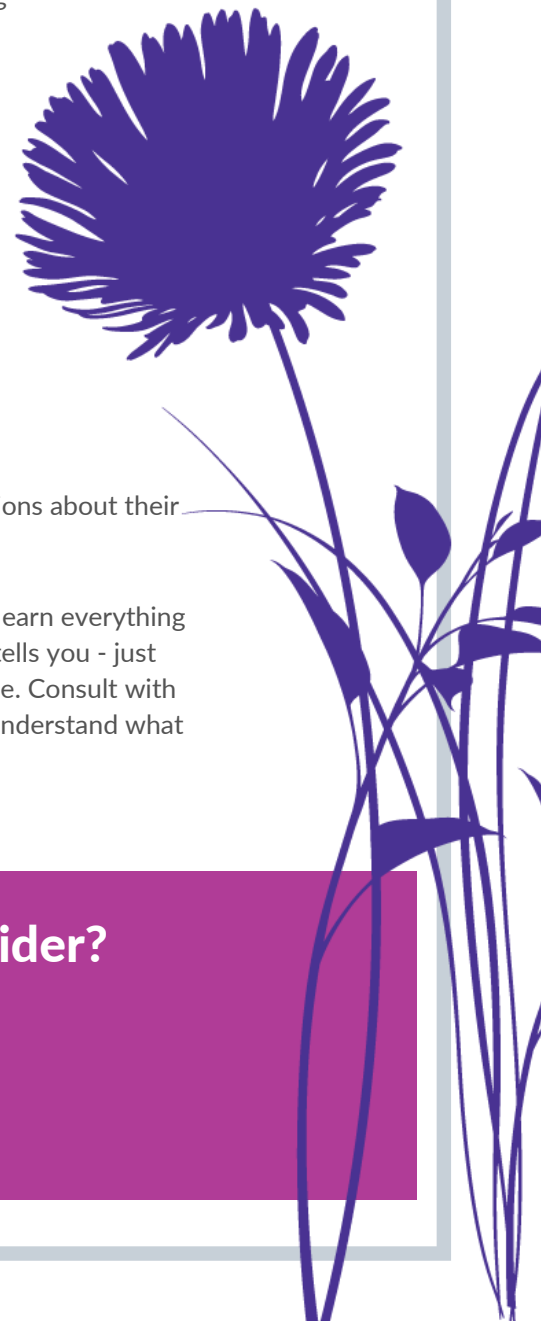
3. Not speaking up.

This is incredibly important when hiring a home healthcare provider. If the caregiver is unclear about your loved one's care needs, it can create a serious disconnect in your loved one's care plan. To avoid these types of mistakes, clear communication is key. If you have a sense that something is not quite right, speak up.

4. Not choosing the right home care solution.

Many family caregivers fall into the role suddenly. They often have to make big decisions about their loved one's health and care without the time or resources to prepare.

When you become a family caregiver, you become an advocate and it's important to learn everything you can about home care for seniors. Don't simply rely on what a home care agency tells you - just because a particular type of care is "advised" doesn't mean it's right for your loved one. Consult with your loved one's physicians, nurses, and financial experts, if at all possible, to better understand what they need, what the care options are, and how care will be paid for.



**Ready To Interview Your Health Care Provider?
Take our Home Care Checklist with you!**

[Download The Home Care Checklist](#)

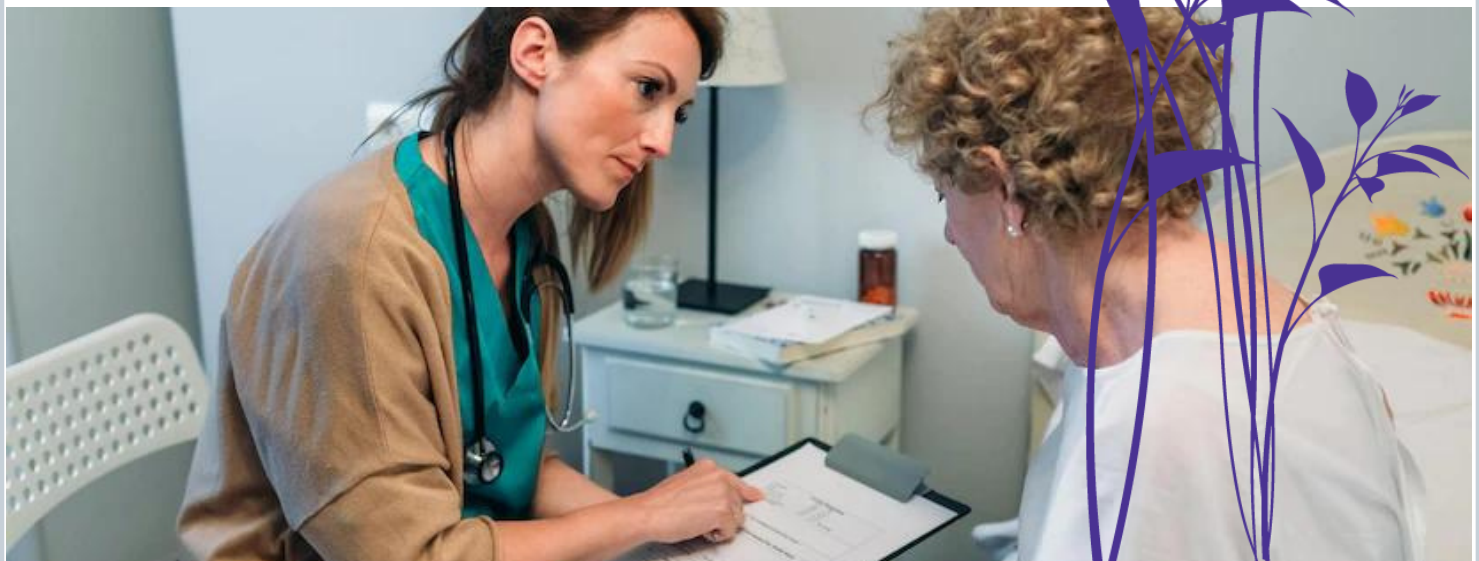
What should you ask before hiring a healthcare provider?

1. How long have you been in business?
2. Which insurance plans do you accept?
3. How do you handle billing and expenses?
4. Can I see some of your recent customer satisfaction surveys?
5. How do you find the caregivers you hire?
6. What do you look for in job candidates for the caregiver position?
7. What types of tests do you conduct before hiring a caregiver? (i.e. federal and state criminal background checks, drug tests, etc.)
8. Are your caregivers insured and bonded through the agency?
9. How do you determine the services a caregiver is capable of providing?
10. What kind of training do you give your caregivers? Do you provide ongoing training?
11. How do you develop care plans? Will you consult with their doctor?
12. Do you typically send the same caregiver to a person's home?
13. What happens if my loved one's regularly scheduled caregiver falls ill or can't make it?
14. If my loved one isn't happy with their caregiver, can we request a better fit?
15. What's your process for reporting and handling complaints?
16. What's your process for monitoring and evaluating your caregivers?
17. What's your process for responding to emergencies?
18. Can you help my loved one access other services such as Meals on Wheels, or help them find medical equipment?



Additional Questions for Independent Caregivers

1. How long have you been in the elder care field?
2. Why did you become a caregiver to the elderly?
3. What types of care are you experienced with providing (i.e. light housekeeping, preparing meals, providing companionship)?
4. Do you have any specialized training (CPR, dementia care) or experience working with specific ailments (arthritis, Parkinson's, Alzheimer's)?
5. Are you bonded and insured?
6. Do you pay your own Social Security, unemployment insurance, and federal state taxes?



Chapter 4

Providing Care for Adults With Dementia

The cognitive changes associated with "normal aging" can sometimes be difficult to distinguish from changes that signal Alzheimer's Disease. Learn how to identify these changes, and how home care professionals handle related issues when they arise.



Navigating Normal Aging v. Alzheimer's

As you begin to notice changes in your loved one, it's important to be able to tell the difference between normal age-related cognitive changes and signs of more serious health conditions like Alzheimer's or dementia.

Currently, there's no guaranteed way to tell the difference. As a general rule, occasionally misplacing their keys is likely normal, but forgetting what they actually do with them may indicate the need for further testing.

Here are a few more signs that your loved one's cognitive problems might be linked to something more serious than simply age:

1. Difficulty managing money or paying bills
2. Inability to plan ahead for things like transportation or food
3. Bad judgment
4. Difficulty with impulse control
5. Sudden issues with movement
6. Language and coherence problems
7. Hallucinations and/or delusions
8. Trouble performing familiar tasks and daily living activities
9. Memory loss that increasingly interrupts daily life

If your loved one is experiencing one or more of these concerning signs, it's time to schedule a visit with their doctor to determine if there's an underlying medical condition that might be causing the changes in cognition.

Providing care at home is often one of the best ways to keep a loved one with dementia calm and happy because a regular routine and familiar environment are less likely to cause confusion and anxiety in those with cognitive impairment. However, since dementia care can be an arduous undertaking for family caregivers, you may eventually need to seek out a professional caregiver to provide respite or even full-time care.

Receiving care within a familiar environment is a great way to keep a loved one with dementia calm and happy. This coupled with keeping a regular schedule can drastically help to reduce confusion and anxiety.



How to Handle Home Care for People With Dementia

Every year, more and more seniors are diagnosed with dementia. As such, home care providers have recognized the need for and increased training to work with people with cognitive impairment.

Most home care companies now provide their employees with specific training on how to deal with Alzheimer's patients. This training can differ from agency to agency, but typically includes topics such as how to deal with hallucinations and dementia-related behaviors, as well as strategies for keeping a cognitively challenged individual safe and mentally stimulated.

- Professional in-home caregivers often develop unique activities based on a senior's particular hobbies and interests to help stimulate their intellect and raise their spirits.
- People with dementia can often benefit from engaging in art and music. These activities can help to spark memories and emotions, no matter which stage of the disease they are in. Professional caregivers may provide their favorite song to listen to, or art supplies to allow them to be creative. In some cases, this has sparked amazing responses from individuals who otherwise cannot even remember their own names.
- Fun outings, with the family's permission, to places such as museums, parks, or zoos can also be a great way to provide stimulation and improve cognitive function.

When an elder's condition begins to progress and they need more intensive care, a home care provider may be able to help them transfer to an assisted living community or a skilled nursing facility. This process can be difficult, but with the help of a professional who has experience with such moves, it can be smooth and easy for everyone involved.



Personalized Senior Care At Home

Care for a sick or injured elderly loved one in the comfort of their own home.

Meet with one of our Care Advisors to discuss your loved one's specific care needs.

[Schedule A Call](#)



"This organization was a God-send."

- [Cheryl Brannan](#) | Client



Chapter 5

Managing Your Elderly Loved One's Home Care

Get insight on what to expect once your professional caregiver signs on, how to handle common issues, and how to determine if a caregiver is providing proper care.



Are You Ready for the First Visit?

When you hire a professional caregiver for your elderly loved one, the first visit can be an important opportunity to get acquainted with each other and discuss the care you are looking for.

Agencies will typically send a caregiver out to a senior's home before the start of care in order to get a feel for their personality and determine what type of assistance they need. One benefit to working with an agency is that they have processes in place to ensure they match your senior with the right care team. If you, your loved one, or a supervisor recognizes that a caregiver isn't a great fit, they can easily find a replacement. Because independent caregivers work alone, they cannot offer the same level of flexibility.

Before your loved one's first home visit, take some time to get organized and make sure you take note of everything that needs to be done. Preparation is key here - the more questions you can answer about their care needs, the better their care will be.

Getting Your Senior Used to the Idea of a Caregiver

When selecting a home care provider, it's important to choose an agency that takes the time to get to know your loved one and ensures that they and the assigned caregiver have compatible personalities. To make sure things go as smooth as possible even when the regular caregiver is unable to fill their shift, it's also a good idea to get acquainted with potential substitutes.

You can help your loved one build a relationship with their caregivers by listening to them and telling the care advisor about any concerns or things they don't like.

Even if your loved one seems hesitant to embrace outside help, they'll be more receptive to them as they get to know the caregiver better.

Specialty Care For Special Seniors

Each and every senior has unique experiences, wants, and needs. Specialty Care takes our personalized approach to senior care a step further so we can provide excellent care that fits your senior loved one's lifestyle.

Honest Conversation is Key

After you've said your hellos, it's time to give the care plan a final review with the professional caregiver and care supervisor to make sure everyone understands what's needed. Keep in mind that it may also need to be updated in the future as the senior needs change.

Once you've had a chance to discuss the care plan, the supervisor typically leaves you and your loved one to get better acquainted with your caregiver. They may share some details about themselves as well as ask your aging adult some questions to get to know them better.

The introduction

If you hire a home care provider, there's a good chance that the individual will not come to your house alone. They'll most likely be escorted by the care supervisor who has already spoken with the family.

Agencies understand that the first visit can be tense and overwhelming. Seeing a familiar face can help ease the anxiety of your loved one and family members and encourage ongoing communication with the care team.

The Grand Tour and Getting Started

Next up on the agenda is a tour of the home so the new caregiver can learn where everything is located and how best to care for your aging loved one.

After the tour, the caregiver can get started on their tasks for the day.

- **If the caregiver is only there for a short shift to help out with things like laundry, housekeeping, etc., they'll make sure your loved one is comfortable, then go begin their duties for the day.**

If your loved one requires more intensive personal care, however, the caregiver's first priority will be to support their physical well-being. The caregiver may make sure your loved one is dry, warm, and comfortable, as well as that any medical equipment they rely on is in good working order.

Give Honest Feedback

Your senior made it through their first day!

The agency will check in with you after the caregiver ends their shift to see how the day went. The agency wants to provide the best care possible for the patients, and so honest feedback is crucial.

Your loved one may shy away from saying anything negative, but it's important that both you and the agency hear about any concerns immediately.

While it may be a bit nerve-wracking at first, sharing your feedback will help to ensure your loved one is receiving the best possible care! No piece of feedback is too small - even if you think it seems inconsequential, it may be helpful to the agency.

Is the caregiver doing a good job?

Now that you've hired a professional caregiver, you must be diligent in checking on their work. Are they providing the quality of care that you expect?

It's a difficult task made more difficult by the swirling emotions that come with hiring outside help. Managing someone is challenging and you may start to feel as though you're constantly putting out a new fire. However, there are ways to soothe your anxieties and evaluate the caregiver's performance.

Make sure to do thorough research on any agency or independent caregiver you hire to make sure they will be the best fit. This way, there are few surprises when you bring them on board. Of course, it's not possible to guarantee that everything will be perfect once they're hired, but your research should at least help you avoid some issues.

It is important for a hired helper to be monitored so they can continue to provide a high quality of service. The most efficient way to do this is by showing up unannounced and checking on how things are going. If you're unable to visit, consider inviting another family member or trusted friend to check in.



What to ask during your unscheduled drop-in:

- 1.** Is the caregiver following the care plan? Care plans are vital to the success of this relationship. This way, both the caregiver and the person receiving care know what to expect.
 - 2.** Is my loved one safe and well-adjusted? It can sometimes be tricky to gauge whether a senior is safe with a new caregiver. Look for behavioral signs from your loved one such as withdrawal or a reluctance to talk about time spent with the caregiver. This may be an indication that they are not feeling safe.
 - 3.** Is my loved one's quality of life improved? The overall goal of home care is to make an elder's life better.
 - 4.** Is my loved one expressing concern? Any concerns should be discussed with the agency office directly instead of confronting the caregiver. This process ensures the fastest and most peaceful resolution to the issue at hand. Keep in mind that if an elder has a disease that affects their cognitive abilities (for example, Alzheimer's), they may be more likely to make false allegations against a caregiver. Take their comments seriously, but don't be so quick to dismiss the possibility that their disease is affecting their ability to comprehend what the caregiver is doing and why it's important.
 - 5.** Does the caregiver communicate well? The caregiver must be able to communicate effectively with all those involved in the care process. This includes family members, other caregivers, care managers, and the senior themselves. Open, honest communication is essential for maintaining a safe and effective experience.
 - 6.** Does the caregiver seem invested in the health, safety, and happiness of my loved one? Do you feel confident that your loved one is in good hands? To assess this, you should consider the caregiver's demeanor and attentiveness to your loved one's needs. Are they calm and positive? Have they developed a rhythm with your loved one?
 - 7.** Is the caregiver reliable? You should expect them to be on time and ready to work, and not often have to ask other caregivers to cover their shift. A reliable caregiver is one of the most important things you can find for your loved one because routine is particularly important to their well-being.
 - 8.** Does the agency keep tabs on their caregivers? Ideally, a caregiver should be checked by the home care agency on a regular basis. The supervisors will come by the house, sometimes unannounced, to ensure that the caregiver is following the care plan and keeping the senior happy, healthy, and safe.
- Finding the right caregiver for your elderly loved one can be a difficult task. It's important to make sure they're getting the best possible care, but don't be too quick to give up on the idea of professional home care. Your loved one may have to go through several caregivers before they find one they're comfortable with.
 - This is particularly true if you were in a hurry to hire a caregiver due to unexpected events or if your loved one suffers from a mood-altering disease like Alzheimer's. The mind, like the body, can be unpredictable even in the best of circumstances.

At the end of the day, it really comes down to your instincts. If you feel like something is wrong, regardless of what the caregiver is telling you, then it may be time to move on.

Recognizing and Reporting Elder Abuse

Elder abuse is a pattern of intentional or negligent acts by someone the elder trusts which cause harm or risk of harm to an older adult. This includes physical, sexual, emotional, and financial abuse as well as neglect.

It's not uncommon for a person with dementia or Alzheimer's to accuse a family member or caretaker of stealing from them. So, when a loved one accuses their caregiver, it may be difficult to know whether you should believe them or wait for more evidence.

- **If you're concerned your loved one is being abused or neglected, you must contact the proper authorities right away. If you think there is an immediate life-threatening danger, call the police or 9-1-1 as soon as possible. If it's not a matter of immediate life and death, you can begin the reporting process by contacting your local Adult Protective Services agency or Long-Term Care Ombudsman.**

Though not always possible or necessary, it's best to try to provide some form of proof of the abuse. If you can, keep a record of incidents and potential signs of elder abuse as they happen.

Many people rely on "nanny cams" to catch abuse or other wrongdoings in the act, but be sure to check your state and local laws regarding in-home surveillance practices. It may be illegal in your state for such videos to contain audio recordings. It's also illegal to videotape someone in private areas, such as the bathroom, or a live-in caregiver's bedroom.

A good home care business will have a formal complaint reporting procedure in place, and they will take allegations of theft or abuse made against one of their employees very seriously. You should speak with a supervisor or case manager to file a complaint if you suspect abuse is taking place.

It's crucial that you contact the service manager or an administration office rather than confront the caregiver with the allegations directly. This can make the process of changing caregivers run more smoothly and avoid putting you or your loved one in a potentially dangerous situation.

PREVENTING ELDER ABUSE



Conclusion

Finding the right home care provider for your loved one is not always an easy task. There's a lot to consider and you want to be sure that your loved one is safe and getting the proper care they deserve.

We hope you've found our guide helpful. If you have additional questions or concerns, contact us at [RetireEASE.com](https://www.RetireEASE.com) today. We're happy to guide you through the process and help you find just the right caregiver for your loved one.

About RetireEASE

As the premier [senior caregiver service in Columbia, SC](#), our caregivers are passionate about integrated care. We understand the importance of caring not just for people's physical needs but for their mental and social needs as well.

We love helping older people continue to live full, active lives. You can [learn more about our services here](#).

If you're looking for high-quality, personalized senior home care in the greater Columbia, SC area, we'd love to talk. You can [contact us here](#).

RetireEASE is the Easy Choice for Elder Care

