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Live Free Home Health Care Provides Resources & Tips for Long-Term Care Planning to New Hampshire Residents

NEW HAMPTON, NH (September 19, 2014) – If health or mobility problems occur as you age, would you be more comfortable living in your own home or in a care facility? Wouldn't you want to feel in charge of your daily routine? Choosing the right situation for your loved one requires planning ahead, and many families don't realize there are alternatives to institutional care as loved ones age, become frail or have an injury or accident.

Live Free Home Health Care has compiled a list of resources and tips in an effort to get families talking and planning early about long-term care decisions. The first step is learning what types of long-term care are available. The most familiar long-term care options are defined by AARP as:

Home care or homemaker services are for those in need of help with household duties and/or non-medical personal care. Typically provided by home care agencies, these duties can include preparing meals, bathing, dressing or moving around the house as well as 24-hour care.

Health and medical care, provided by home health care agencies, includes nursing care, home health aides, and physical therapy. State and federal laws regulate these agencies. They are often Medicare and Medicaid certified. This means the agencies can get paid by these programs for providing home health services.

A registry or staffing agency acts primarily as an employment service for a variety of skilled and unskilled healthcare workers including nurses, nurse assistants (CNAs) and rehab therapists. The client or family is the employer and the agency simply collects a referral fee. The client or family is also responsible for supervision, monitoring, government-mandated taxes and workers' compensation coverage.

Private hire or independent providers include various types of nurses, therapists, nursing aides, homemakers, and companions. They are privately employed and managed by those who require their services. All responsibility for recruiting, hiring and supervising as well as government-mandated taxes and workers' compensation coverage falls upon the client or family.

How do you choose which type of caregiving situation is best for you and your family? Jason Harvey, Owner of Live Free Home Health Care, recommends, "The best place to start is by identifying what types of services you need. Sit down with family members and physicians and/or a geriatric care manager and discuss what they perceive to be your loved one's caregiving needs. After assessing, you need to clearly outline the duties and responsibilities the caregiver will be required to provide. This immediately defines the caregiver role that works best in your situation and will help clarify which type of home care you need."

Live Free Home Health Care suggests key areas to consider when developing a plan for long-term care:

- Communicate with family and friends.
- Compare and understand long-term care insurance options.
- Decide who can be counted on for help.
- Establish clear legal directions.
- Focus on available finances.
- Learn what is offered in your community.
- Make necessary home improvements.
- Take control of health and personal needs.
- Talk to a professional agency such as Live Free Home Health Care for planning assistance.

Deciding on types of care and asking the right questions are extremely important, and be sure to involve the senior requiring care in the planning process. Additional planning resources include:

National Association of Professional Geriatric Care Managers - Professional Geriatric Care Managers (PGCMs) are health and human services specialists who help families care for older relatives while encouraging as much independence as possible. Use this site to learn more about the services of Geriatric Care Managers. <http://www.caremanager.org/>

National Clearinghouse for Long-Term Care Information - A wealth of information and resources to help plan for future long-term care needs, courtesy of the US Dept. of Health and Human Services. www.longtermcare.gov

Long-Term Care Calculator - The Long-Term Care Insurance National Advisory Center offers this handy long-term care cost calculator to help people calculate the average cost of long-term care in their area and plan accordingly. <http://www.longtermcareinsurance.org/carecalculator.html>

For more long-term care planning resources and tips, please contact Live Free Home Health Care at **(603) 217-0149** or visit www.LiveFreeHomeHealthCare.com.

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About Live Free Home Health Care:

Serving the Lakes Region and Central New Hampshire, Live Free Home Health Care, LLC is dedicated to providing top quality care in the comfort of home, wherever home may be. Family owned and operated, Live Free Home Health Care offers a wide range of services, from companion care and assistance with activities of daily living to skilled nursing. All care is supervised and updated by a registered nurse, who is specially trained to watch for new or changing health issues. Whether the need is for short or long term care, Live Free Home Health Care works with each client's physician to provide a continuum of care unparalleled with other agencies, and the compassionate staff promises to treat each client respectfully and like a cherished family member. Live Free Home Health Care also offers medical alert systems to provide extra peace of mind should an emergency care need arise.

For further information, contact **(603) 217-0149** or visit www.LiveFreeHomeHealthCare.com.