

## **\*7\* Common Myths about Home Health Care You will Want to Know About**

### **Myth #1: Home care is only for “old people.”**

Home care services are for *anyone* that needs assistance around their home for whatever reason, usually because of a medical disability, like recovering from surgery or after delivering a baby. Home care services may be absolutely necessary for a variety of life altering situations such as car accidents, unanticipated illnesses, or other unforeseen mishaps.

### **Myth #2: I will lose my independence if I have a caregiver in my home.**

Actually, the opposite is true. Individuals that live alone are prone to falls and other problems. Having reliable home care is a tool for having more independence and maintaining a better quality of life. Among those age 65 and older, falls are the leading cause of injury death. A caregiver can serve as a second set of eyes and ears to help keep people safer and in their home longer. A caregiver also can transport seniors to special events, meetings with friends, doctor appoints or even just the grocery store, which can help decrease isolation.

### **Myth #3: Institutions offer a better-trained staff and quality of care.**

While these communities have their own benefits such as meal services and around-the-clock care, it doesn't mean that they offer superior care when compared to home care. The training and education of the home caregivers is the same if not better than the training that employees of institutions receive

### **Myth #4: Home care is not an option for people requiring 24-hour care.**

There are many agencies who offer an experienced, caring team for your loved one 24/7 in their home.

### **Myth #5: I will not have any control over who comes into my home.**

It can be a little unsettling welcoming a professional caregiver into your home, but consumers do have a great deal of control over who will be caring for their loved ones. Hiring a reputable company that allows families to interview individual caregivers before services begin is the best way to ensure a comfortable match.

### **Myth #6: I can't use an agency if I want to manage the caregiver myself.**

Caregivers can be found through caregiver staffing agencies. You may pay a bit less, because the caregiver is essentially an independent contractor. You'll have to shoulder responsibilities such as supervision and payment. You will also have to find a replacement caregiver if yours isn't able to show up for work.

### **Myth #7: I don't need home care, my family is helping me.**

As you age and your needs become more pronounced, the burden on friends and family can quickly become overwhelming for them. Hiring an in-home caregiver can allow your family and friends to participate in your care without stretching themselves too thin or, causing themselves injury.

## **Never Let these \*7\* Common Myths about Home Health Care Scare You Again!**

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Needs**

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Wendy Albino

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"I just want to again thank you for all you're doing in regards to Mom! Since you've been attending to her weekly, she is much improved and the "issues" we were having have all been resolved. Her hygiene was of great concern to my siblings and you have established a great routine. As for her medication management, it is under control and working! Most of all, Mom so enjoys your visits with your kindness and warmth towards her, it greatly appreciated by all of us. We feel very fortunate and blessed that you were referred to us." - Suzanne