

“My parent needs help – what home & community based services are available?”
Contributed by Kristin Kopp Owner, At Home Solutions, LLC

When our parents begin needing more help from us ...and we know we can't do it all, where do we turn for help? Many boomers are starting to realize that coordinating their own family obligations, work, friends and providing more care to their parents is a difficult, and often, painful balancing act.

You don't have to do it alone! There are various home and community based services that are well established, professional and have the expertise ready to assist you. Many times we don't know where to start looking for help, or even what questions to ask. This is a short list of services available to assist our older loved ones who need a helping hand:

In Home

- ✚Chore Services
- ✚Transportation: shopping, errands, grocery store
- ✚Home modifications (bathroom, kitchen, bedroom, stairways, deck, garage, yard)
- ✚Meal Preparation
- ✚Home Companion – non-medical, medical or personal care
- ✚Homemaking/laundry
- ✚Decluttering, downsizing, organizing
- ✚Medication management
- ✚Home health care, nursing, therapy

In Community

- ✚Adult Day Services
- ✚Transportation (i.e. Metro Mobility)
- ✚Alternative housing – co-op, independent, assisted living, memory care, long term care
- ✚Transitional / Rehabilitation units
- ✚Medication management
- ✚Home health care, nursing, therapy
- ✚Hospice

Because so many of us are going to be the decision-makers and primary Caregivers for our parents, now is the time is now to start preparing ourselves with the resources and support we will need. For more information on how to find a Caregiver or to begin gathering information for an older loved one, call us. 952-292-5801

Kristin Kopp, Owner/Founder At Home Solutions, LLC www.athomesolutionsllc.com