

Keys to Caring @ Home



- Home care assistance
- Home health services
- Assessing needs
- Hiring in-home providers
- Community resources
- Paying for care
- Short and long-term options
- Communication with providers
- Emergency plans

About 80% of us will need some form of long term care in our lifetimes. And about 80% of that care will be provided at home by family. The best care can produce the best outcomes. Whether adult children are caring for their parents or older adults are caring for their children and grandchildren, it's important to choose the right care that maximizes quality of life and minimizes wasted expenses. Learn what services are available, how to ask for the kind of care you need, the costs involved, options for paying for care and the pitfalls that can easily be avoided with a little advance knowledge.

Feb 11, 2019 – 12:10 p.m. Pierce County Annex, Main Meeting Rm. 2401 S. 35 th St., Tacoma	Feb 12, 2019 – 6:30 p.m. University Place Branch Library 3609 Market Place, W.
Feb 11, 2019 – 6:30 p.m. Gig Harbor Branch Library 4424 Pt. Fosdick Dr., SW, Gig Harbor	Feb 13 – 6:30 p.m. Parkland/Spanaway Branch Library 13718 Pacific Ave., Tacoma

A free information event provided by Pierce County Aging & Disability Resources

**For additional information call
(253) 798-4600 or (800) 562-0332
No RSVP required**



Caring at home is key to healthcare

About eighty percent of us will need some form of long term care in our lifetimes. Most of that care, including assistance with basic personal tasks, will be provided in the home, not in an expensive health care facility. While many families pay for care out-of-pocket or through health insurance or long-term care insurance, there are also alternative resources that may help families pay for care.

[Pierce County Aging and Disability Resources](#) is offering free presentations called “Keys to Caring @ Home,” which provides an opportunity to learn about caring at home, the services that are available and the difference between home care and home health. The discussion will cover ways to work with providers, pay for care, and how to avoid expensive services that can drain a family’s finances quickly.

Presentations will be held four times in February:

- Feb. 11 – 12:10 p.m. at the Pierce County Annex Building, 2401 S. 35th, Tacoma
- Feb. 11 – 6:30 p.m. at the Gig Harbor Library, 4424 Pt. Fosdick Dr. SW, Gig Harbor
- Feb. 12 – 6:30 p.m. at the University Place Library, 3609 Market Place W, University Place
- Feb. 13 – 6:30 p.m. at the Parkland/Spanaway Library, 13718 Pacific Ave., Tacoma

Enormous costs associated with long term care services are often presented without providing information about less expensive alternatives. The most frequently utilized services are home care and home health. Although their names sound similar, they are quite distinctive. Knowing the difference and the right questions to ask can save families hundreds or thousands of dollars over time. Additional resources can also be used to supplement these services and those potential savings can enable care to extend for additional weeks or month.

“There are no cookie-cutter solutions when it comes to needing care at home,” said Aaron Van Valkenburg, Pierce County Aging and Disability Resources manager. “The needs of each care recipient and the situation of each family often dictate the mix of care that needs to be provided. Quite often the most important part of planning for care is knowing the right questions to ask when the need arises.”

“Keys to Caring @ Home” is sponsored by Pierce County Aging and Disability Resources. Presentations are information only, free, and open to the public. Anyone of any age can attend. No RSVP is required. In case of inclement weather, please call 253-798-8787 to check for a cancellation or postponement notice. For more information about the presentations, call the Pierce County Aging and Disability Resource Center at 253-798-4600 or 1-800-562-0332.

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