

**SCR**

**13**

# SENATE COMMITTEE REPORT

## First Committee of Referral

DATE: 2/24/10

FURTHER:

Date of 5-Day Notice: March 11, 2010  
(in accordance with Uniform Rule 23)

DATE TURNED  
IN TO OFFICE: March 16, 2010

Health and Social Services Committee considered SENATE CONCURRENT RESOLUTION NO. 13

### SCR 13 SUPPORTING SENIOR CAREGIVERS

Supporting senior caregivers and encouraging the Department of Health and Social Services to provide additional education on the effects of aging and the importance of senior caregivers.

and recommends:

- be replaced with  SCS or  CS \_\_\_\_\_ (\_\_\_\_\_)
- adopt previous  SCS or  CS \_\_\_\_\_ (\_\_\_\_\_)
- attached amendment(s)
- adopt \_\_\_\_\_ Letter of Intent
- further referral to \_\_\_\_\_ Committee

<b>SENATE BILL:</b>	
<input type="checkbox"/>	Same Title
<input type="checkbox"/>	New Title
<hr/>	
<b>HOUSE BILL:</b>	
<input type="checkbox"/>	Same Title
<input type="checkbox"/>	Technical Title Change
<input type="checkbox"/>	New Title w/ SCR # _____

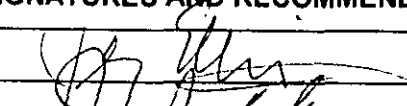
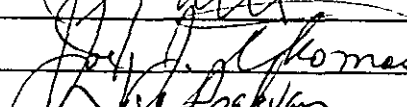
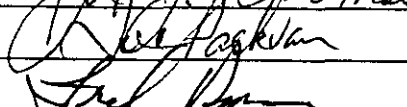
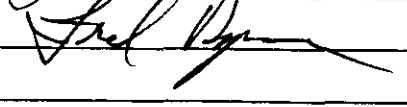
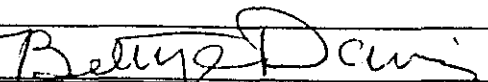
**NEW FISCAL NOTE(S):**

Department	Date	Fiscal	Indet.	Zero	FN#
Health	3/12/10	<del> </del>		✓	

**PREVIOUS FISCAL NOTE(S):**

Department	Date	Fiscal	Indet.	Zero	FN#

APPROPRIATION - no fiscal note

SIGNATURES AND RECOMMENDATIONS:	PRINTED LAST NAME	DO PASS	DO NOT PASS	NO REC	AMEND
	ELLIS	✓			
	Thomas	✓			
	PASKVAN	X			
	DYSON	X			
CHAIR: 	DAVIS	✓			

# Alaska State Legislature



**Senator Con Bunde**  
Senate District P  
Senate Minority Leader / Senate Republican Caucus  
Member: Senate Labor & Commerce Committee

## Sponsor Statement

### SCR 13

*"Supporting senior caregivers and encouraging the Department of Health and Social Services to provide additional education on the effects of aging and the importance of senior caregivers."*

Alaska's senior population is growing. The number of Alaskans 65 years of age or older is expected to increase by nearly 60 percent in the next 20 years and the population of those 85 years or older is projected to double by 2050. Per capita, Alaska has the fastest growing 85 and over population in the entire nation.

While advances in medicine, technology, and assisted living practices are enabling seniors to live longer, more productive, and more comfortable lives than ever before, the fact remains that many of our aging loved ones will at some point require some form of caregiving. In fact, more than 25 percent of all seniors need some level of assistance with their daily activities.

It is critical that we as a state are prepared to meet and manage the needs of our aging population.

By supporting senior caregivers and encouraging the Department of Health & Social Services to provide additional education on the effects of aging and the importance of senior caregivers, SCR 13 draws attention to the changing demographics of aging in Alaska and the critical role played by senior caregivers.

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[Sen.Con.Bunde@legis.state.ak.us](mailto:Sen.Con.Bunde@legis.state.ak.us) 907-465-4843 Juneau 907-269-0181 Anchorage 1-800-892-4843

**SENATE CONCURRENT RESOLUTION NO. 13**  
**IN THE LEGISLATURE OF THE STATE OF ALASKA**  
**TWENTY-SIXTH LEGISLATURE - SECOND SESSION**

**BY SENATORS BUNDE, McGuire**

**Introduced: 2/24/10**

**Referred: Health and Social Services**

**A RESOLUTION**

1 **Supporting senior caregivers and encouraging the Department of Health and Social**  
2 **Services to provide additional education on the effects of aging and the importance of**  
3 **senior caregivers.**

4 **BE IT RESOLVED BY THE LEGISLATURE OF THE STATE OF ALASKA:**

5 **WHEREAS**, every day, an estimated 23,477 people in Alaska turn 60; and

6 **WHEREAS** an estimated ~~79,847~~ 52,620 people, or ~~11.7.5~~ percent of the state's  
7 population, are 65 years of age or older; and

8 **WHEREAS** the population in the state that is 65 years of age or older is expected to  
9 increase by ~~59.155~~ percent in the next 20 years to 134,391 in 2030; and

10 **WHEREAS** the population in the state that is 85 years of age or older is projected to  
11 reach 12,476 in 2030 ~~and double to 24,952 by 2050~~; and

12 **WHEREAS** approximately ~~6,364~~ 5,700 people who are 65 years of age and older  
13 and 7,190 people who are 55 years of age and older in the state have Alzheimer's disease or a  
14 related disorder, and it is estimated that 14,170 people will have Alzheimer's disease or a  
15 related disorder by 2030; and

**CS FOR SENATE CONCURRENT RESOLUTION NO. 13(HSS)**

**IN THE LEGISLATURE OF THE STATE OF ALASKA**

**TWENTY-SIXTH LEGISLATURE - SECOND SESSION**

**BY THE SENATE HEALTH AND SOCIAL SERVICES COMMITTEE**

**Offered:**

**Referred:**

**Sponsor(s): SENATORS BUNDE, McGuire**

**A RESOLUTION**

1 **Supporting senior caregivers and encouraging the Department of Health and Social**  
2 **Services to provide additional education on the effects of aging and the importance of**  
3 **senior caregivers.**

4 **BE IT RESOLVED BY THE LEGISLATURE OF THE STATE OF ALASKA:**

5 **WHEREAS**, every day, an estimated 23 people in Alaska turn 60; and

6 **WHEREAS** an estimated 52,620 people, or 7.5 percent of the state's population, are  
7 65 years of age or older; and

8 **WHEREAS** the population in the state that is 65 years of age or older is expected to  
9 increase by 155 percent in the next 20 years to 134,391 in 2030; and

10 **WHEREAS** the population in the state that is 85 years of age or older is projected to  
11 reach 12,476 in 2030; and

12 **WHEREAS** approximately 5,700 people who are 65 years of age or older and 7,190  
13 people who are 55 years of age or older in the state have Alzheimer's disease or a related  
14 disorder, and it is estimated that 14,170 people will have Alzheimer's disease or a related  
15 disorder by 2030; and

1           **WHEREAS** 70 percent of people with Alzheimer's disease or a related disorder live at  
2 home and need assistance with activities of daily living; and

3           **WHEREAS** more than 25 percent of all seniors need some level of assistance with  
4 activities of daily living; and

5           **WHEREAS**, in order to address the surging population of seniors who have  
6 significant needs for in-home care, the field of senior caregiving will continue to grow; and

7           **WHEREAS** an estimated 14,539 adults in the state provide care to individuals with  
8 Alzheimer's disease or a related disorder, which equates to an estimated 12,000,000 hours and  
9 an approximated value of \$140,000,000 each year; and

10           **WHEREAS** an estimated 96,800 adults in the state provide care to adult relatives or  
11 friends, and an estimated 1,595 adults provide paid senior care to nonrelatives; and

12           **WHEREAS** the longer seniors are able to provide for themselves, the less the public  
13 payment systems supported by state and federal governments are burdened;

14           **BE IT RESOLVED** that the Alaska State Legislature

15                   (1) recognizes senior caregiving as a profession;

16                   (2) supports the private home care industry and the efforts of family caregivers  
17 statewide by encouraging individuals to provide care to family, friends, and neighbors;

18                   (3) encourages accessible and affordable care for seniors;

19                   (4) will review state policies and support current state programs that address  
20 the needs of seniors and senior caregivers;

21                   (5) encourages the Department of Health and Social Services to continue to  
22 provide additional education on the effects of aging and the importance and availability of  
23 senior caregivers to meet personal needs.

1           **WHEREAS** 70 percent of people with Alzheimer's disease or a related disorder live at  
2 home and need assistance with activities of daily living; and

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22 provide additional education on the effects of aging and the importance and availability of  
23 senior caregivers to meet personal needs.

**FISCAL NOTE**

**STATE OF ALASKA**  
**2010 LEGISLATIVE SESSION**

Fiscal Note Number: \_\_\_\_\_  
 Bill Version: SCR013  
 () Publish Date: \_\_\_\_\_

Identifier (file name): SCR013-DHSS-SDSA-3-12-10 Dept. Affected: Health & Social Services  
 Title Supporting Senior Caregivers RDU Senior and Disabilities Services  
 Component Administration  
 Sponsor Bunde  
 Requester Senate HSS Component Number 2663

**Expenditures/Revenues (Thousands of Dollars)**

Note: Amounts do not include inflation unless otherwise noted below.

	Appropriation Required	Information						
		FY 2011	FY 2011	FY 2012	FY 2013	FY 2014	FY 2015	FY 2016
<b>OPERATING EXPENDITURES</b>								
Personal Services								
Travel								
Contractual								
Supplies								
Equipment								
Land & Structures								
Grants & Claims								
Miscellaneous								
<b>TOTAL OPERATING</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>

<b>CAPITAL EXPENDITURES</b>								
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<b>CHANGE IN REVENUES (</b>								
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**FUND SOURCE (Thousands of Dollars)**

1002 Federal Receipts								
1003 GF Match								
1004 GF								
1005 GF/Program Receipts								
1037 GF/Mental Health								
Other Interagency Receipts								
<b>TOTAL</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>

Estimate of any current year (FY2010) cost: \_\_\_\_\_

**POSITIONS**

Full-time								
Part-time								
Temporary								

**ANALYSIS:** (Attach a separate page if necessary)

Senate Concurrent Resolution 13 supports senior caregivers and encourages the Department of Health and Social Services to provide additional education on the effects of aging and the importance of senior caregivers. There are no foreseeable costs.

Prepared by: Rebecca Hilgendorf, Director Phone 907-269-2083  
 Division Division of Senior and Disabilities Services Date/Time 3/10/10 4:36 PM  
 Approved by: Alison Elgee, Assistant Commissioner Date 3/12/2010  
DHSS Finance & Management Services



February 26, 2010

AARP Alaska  
3601 C Street  
Suite 1420  
Anchorage, AK 99503

T 1-866-227-7447  
F 907-341-2270  
TTY 1-877-434-7598  
[www.aarp.org/ak](http://www.aarp.org/ak)

The Honorable Bettye Davis, Chair  
Senate Health, Education and Social Services Committee  
Alaska State Capitol, Room 30  
Juneau, AK 99801-1182

RE: SCR 13 (Bunde)--Support

Dear Chair Davis:

On behalf of the members of AARP in Alaska, we encourage you and your colleagues on the Senate Health and Social Services Committee to support SCR 13, authored by Senator Con Bunde and co-sponsored by Senator Lesil McGuire.

SCR 13 puts a spotlight on the changing demographics of aging in Alaska and the critical role played by family caregivers.

The fastest growing age group in America is the eighty-five plus. Per capita, Alaska has the fastest growing eighty-five plus in the entire nation.

The eighty-five plus are the age group most likely to need some assistance with activities of daily living. The majority of this assistance is rendered by family caregivers.

Many Alaskan families will find themselves in a caregiving mode as our population ages. AARP supports the recommendation in SCR 13 that encourages the Department of Health and Social Services to provide education about caregiving to all of us and to support the efforts of family caregivers to take care of older relatives and friends.

Without family caregivers, government would face increasing demands for paid assistance for older citizens. This would significantly impact the Medicaid long term care program as well as the personal care attendant program.

Family caregivers don't "dump" their responsibilities on government. They step up to the plate and provide assistance as they are able. We often find caregivers in their 70's and 80's caring for older parents as well as frail spouses and siblings.

With a little help and support, Alaska can do much to help these caregivers continue to assist their family members. This is a legitimate and appropriate service for state and local government to render to those citizens who give so much of themselves.

We should shine a spotlight on these caregivers, recognize their efforts, and provide whatever education we can to help them maintain the independence of their family members and their own health and well-being.

AARP recommends an "AYE" vote on SCR 13.

Should you have any questions about our position, please feel free to contact me (586-3637) or Patrick Luby, AARP Advocacy Director (907-762-3314).

Thank you for your consideration.

Sincerely,

*Marie Darlin*

Marie Darlin, Coordinator  
AARP Capital City Task Force  
415 Willoughby Avenue, Apt. 506  
Juneau, AK 99801  
586-3637 (voice)  
463-3580 (fax)

CC: Vice-Chair Joe Paskvan  
Senator Johnny Ellis  
Senator Joe Thomas  
Senator Fred Dyson  
Senator Con Bunde



Alzheimer's  
Resource of Alaska

February 26, 2010

Senator Con Bunde  
State Capitol, Room 423  
Juneau, AK 99801

Anchorage &  
Statewide Services  
1750 Abbott Road  
Anchorage, AK 99507  
phone 907-561-3313  
fax 907-561-3315  
Toll-free in Alaska  
800-478-1080

Fairbanks Services  
565 University Ave.  
Suite 2  
P.O. Box 72791  
Fairbanks, AK 99707  
phone 907-452-2277  
fax 907-457-3376

Juneau Services  
3100 Channel Drive  
Suite 19  
Juneau, AK 99801  
phone 907-586-6044  
fax 907-586-6044

Mat-Su Valley Services  
Trinity Barn Plaza  
P.O. Box 4406  
Palmer, AK 99645  
phone 907-746-3413  
fax 907-746-3413

[www.alzaska.org](http://www.alzaska.org)

Dear Senator Bunde,

On behalf of the Alzheimer's Resource of Alaska and the individuals we serve, I would like to thank you for introducing Senate Concurrent Resolution n.13 supporting caregivers of Alaska seniors.

Seniors choose to remain in their home and their community, with help from family, for as long as possible. Family caregivers are honoring their elder's wishes; more than 70% of people with Alzheimer's disease and related dementias (ADRD) live at home where they are cared for by family and friends. However, the demands of caregiving can come at a high cost to the caregiver's own physical and mental wellbeing. Caregiver stress is becoming a major health risk for caregivers.

Education and support services give caregivers tools and skills that enable them to maintain families' independence and are an effective mechanism for families to continue caring for a loved one in their own home and community. Families assume most of the responsibility for the care of the older family member while working, caring for children and holding other responsibilities. In the later stages, when some people with ADRD move to an assisted living facility or nursing home many family caregivers continue to assist with financial and legal affairs, medical care and emotional support. Some even continue to help with bathing, dressing and personal care needs.

Education for caregivers is a key component in the statewide infrastructure of senior care. Research shows that education and support services for the family caregivers can maintain this informal care longer and delay placement of the elder by an average of 1 1/2 years. State funding simply leverages the enormous contributions by families making education and support services highly cost-effective. We must increase our support of this informal, unpaid, caregiving network.

Thank you again for introducing SCR N. 13.

Sincerely,

Dulce Nobre  
Executive Director

# STATE OF ALASKA

## DEPT. OF HEALTH & SOCIAL SERVICES

### Alaska Commission on Aging

SEAN PARNELL, GOVERNOR

P.O. BOX 110693  
JUNEAU, ALASKA 99811-0693  
PHONE: (907) 465-3250  
FAX: (907) 465-1398

March 1, 2010

The Honorable Bettye Davis, Chair  
Senate Health, Education and Social Services Committee  
Alaska State Capitol, Room 30  
Juneau, AK 99801-1182

**Subject: Support for SCR 13, Senior Caregivers**

Dear Chair Davis:

The Alaska Commission on Aging (ACoA) supports SCR 13, a bill that recognizes the important role of family and professional caregivers who care for older Alaskans, some of whom have Alzheimer's disease and related dementias (ARD), by providing the assistance they need to remain in their homes and communities for as long as possible. The number of older Alaskans with Alzheimer's disease and related disorders is projected to nearly double within the next decade, based on national age-based prevalence rates, and quadruple by 2030. Fifty-eight percent of residents at the Pioneer Home have ARD (Pioneer Home, January 2010 report). SCR 13, authored by Senators Con Bunde and Lesil McGuire, also highlights Alaska's demographic aging transition.

For the second year in a row, Alaska is the state with the fastest growing population of older adults age 65 years and older. Between 1998 and 2008, the number of Alaska seniors grew by over 50%, which is more than four times the national average.

The growth of the older Alaskan population is occurring at both ends of the senior age continuum – among the youngest seniors (age 60 to 64 years) many of whom moved to Alaska during the 1970s pipeline era, and the "oldest old," those age 85 years and older who are the most frail, the most prone to Alzheimer's disease and related disorders, and most in need of long-term support services. The graying of Alaska's population is creating substantial shifts for workforce, particularly in the health care and long-term support service sectors as demand increases and providers are becoming of retirement age.

Alaska's emphasis on caregiving performed by family and professional home- and community-based (HCBS) providers has made a significant difference in seniors' ability to remain at home; this is apparent in the increased average age of admission to the Pioneer Homes from 76 in 1998 to 86 in 2008. As a result of caregiver efforts, older Alaskans are able to continue living at home and in their communities, where they most desire to be, and spend fewer years in nursing homes when this care is most appropriate. Rates for a semi-private room in a nursing home will rise by 192% over the next twenty years, increasing from \$187,815 (in 2008) to \$549,662 by 2030 (Genworth Financial 2008 Cost of Care Study).

The majority of caregiving for persons with ARD is performed by loved ones. In Alaska, there are approximately 14,539 unpaid ARD caregivers who have contributed an estimated 12,550,265 hours of unpaid care that is valued at \$139,307,943 (Alzheimer's Association 2009). Without family caregivers, the state would be paying far more for Medicaid long-term support services.

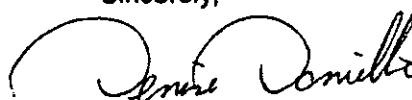
ACoA supports SCR 13 and its recommendations to regularly review state policies and programs to ensure they address the needs of Alaska seniors and their caregivers and for the Department of Health and Social Services to provide education about the aging process and the importance of senior caregivers. Please feel free to contact Denise Daniello, ACoA's executive director (465-4879), should you have any questions regarding our position. Thank you for your consideration.

Sincerely,



Sharon Howerton-Clark  
Chair, Alaska Commission on Aging

Sincerely,



Denise Daniello  
ACoA Executive Director

Cc: Senator Joe Paskvan, Vice Chair  
Senator Johnny Ellis  
Senator Joe Thomas  
Senator Fred Dyson  
Senator Con Bunde

One Hundred Eleventh Congress  
of the  
United States of America

AT THE FIRST SESSION

*Begun and held at the City of Washington on Tuesday,  
the sixth day of January, two thousand and nine*

Concurrent Resolution

Whereas 8,000 people in the United States turn 60 years old every day;

Whereas an estimated 35,900,000 people, 12.4 percent of the population, are 65 years of age and older;

Whereas the United States population age 65 and older is expected to more than double in the next 50 years to 86,700,000 in 2050;

Whereas the 85 and older population is projected to reach 9,600,000 in 2030 and double again to 20,900,000 in 2050;

Whereas it is estimated that 4,500,000 people in the United States have Alzheimer's disease today;

Whereas it is estimated that number will increase to between 11,300,000 and 16,000,000 by 2050;

Whereas 70 percent of people with Alzheimer's disease and other dementias live at home, and these individuals are examples of individuals who need assistance in their homes with their "activities of daily living";

Whereas currently over 25 percent of all seniors need some level of assistance with their "activities of daily living";

Whereas in order to address the surging population of seniors who have significant needs for in-home care, the field of senior caregiving will continue to grow;

Whereas there are an estimated 44,000,000 adults in the United States providing care to adult relatives or friends and an estimated 725,000 nonfamily private paid senior caregivers;

Whereas both unpaid family caregivers and paid caregivers work together to serve the daily living needs of seniors who live in their own homes;

Whereas the Department of Labor estimated that paid caregivers for the year 2006 worked a total of 835,000,000 hours, and the projected hours of paid senior caregivers are estimated to increase to 4,350,000,000 hours by 2025; and

Whereas the longer a senior is able to provide for his or her own care, the less burden is placed on public payment systems in State and Federal governments: Now, therefore, be it

*Resolved by the House of Representatives (the Senate concurring), That Congress—*

- (1) recognizes caregiving as a profession;
- (2) supports the private home care industry and the efforts of family caregivers nationwide by encouraging individuals to provide care to family, friends, and neighbors;

- [About NFCA](#)
- [Who are Family Caregivers?](#)
- [Caregiving Resources](#)
- [Connecting Caregivers](#)
- [National Family Caregivers Month](#)
- [Messages to Live By](#)
- [Volunteer Network - CCAN](#)
- [NFCA Store](#)
- [Media Room](#)
- [Caregiver Advocacy](#)
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National Family Caregivers Association

[Who are Family Caregivers?](#)[What is Family Caregiving?](#)[Caregiving Statistics](#)[Surveys and Reports](#)

## Who are America's Family Caregivers?

[Suzanne Mintz on YouTube](#)[Suzanne Mintz Interview on Women's Radio](#)

**JOIN NFCA's**  
community

Free for caregivers

Rosalyn Carter said it best: "There are only four kinds of people in the world - those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers". Caregivers are needed for family members of all ages. With appropriate information and support, family caregivers can help their loved ones across the lifespan.

So, who are family caregivers ... It's a complicated question and answers may vary depending upon whom you ask. Physicians may give an answer different from social workers and researchers may undoubtedly quote statistics. However, if you really want to know who America's family caregivers are, you need to ask them directly.

America's family caregivers are *family, friends, partners, and neighbors*. To better understand the experience and the meaning of being a family caregiver go to [The National Family Caregiver Story Project](#). The NFCA Story Project is a collection of first-person accounts by family caregivers. It is the gateway to becoming part of a growing group of family caregivers who have reached out to share their thoughts, feelings and find solace in the words of others. As you read the stories of America's family caregivers you may find yourself nodding in recognition and find the answers to [Who are America's Caregivers?](#)

### Research and Statistics:

[NFCA Research and Reports](#) have focused largely, but not exclusively, on those family caregivers who provide significant levels of care. One aspect of our research has sought to better understand how to communicate effectively with family caregivers, since so many are uncomfortable with calling themselves anything other than a spouse, a parent, or a loving adult child.

There is an extensive body of family caregiver research available on many different aspects of the caregiving experience. You can find out more about the financial, physical and emotional impact of family caregiving as well as information on family caregivers at work and in the healthcare system in the [Caregiver Statistics](#) section of this site.

### Suzanne Mintz on YouTube

Listen to Suzanne Mintz, President/CEO of NFCA, talk about family caregivers. [Click here](#) for the video on YouTube.

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# In-Home Care Services

Text Size:

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## Senior Home Care Services

"I got to a point where I didn't like driving or running errands by myself. Now, thanks to my CAREGiver Susan, I don't put off getting the things I need and I actually enjoy getting out."

- Ruth, Florida

Everyone shares similar concerns about health care for our parents, grandparents and loved ones as they reach retirement age and beyond. Perhaps your mother gets confused and can't keep her doctor appointments and medications straight. Or your dad seems depressed and doesn't enjoy fishing anymore. Maybe your grandmother suffering from Alzheimer's needs regular attention while you're at work. That's when Home Instead Senior Care can come into the home and be the caregiver for you. [Learn more about how Home Instead Senior Care can help you care for the senior in your life.](#)

Are you seeing that your loved ones need home care as they age? Have you thought about a nursing home or assisted living facility but want to keep them in their home for as long as possible? Are you starting to wear out because of the impact the senior care you're providing is having at work and with your family members? Do you fear for a loved one's safety?

Home Instead Senior Care can help with compassionate, home senior care services delivered right in your loved one's home. Whether a few hours a day or long-term care 24 hours a day, a CAREGiver can assist you. All CAREGivers are thoroughly screened, extensively trained, insured and bonded, matched to your preferences, professional and reliable



### Home Instead Senior Care Means Exactly That



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Home Instead Senior Care's mission is to enable seniors to live happy, healthy, and independent lives in their homes. As the industry leader for in-home, non-medical care, Home Instead's CAREGivers help turn clients' ordinary days into extraordinary experiences. Hear what actual clients have to say about how Home Instead has improved their lives.

Become a part of  
the North American  
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International  
Franchise  
Opportunities

Media Room

Home Instead, Inc demonstrates commitment to quality care through our proprietary PEAQ program, -Pursuing Excellence by Advancing Quality. In fact, we commissioned J.D. Power and Associates to routinely survey CAREGivers and clients to ensure consistent delivery of high quality service.

We understand that making the decision to use outside help for caring for an elderly loved one is difficult. That's why we provide a wealth of senior care resources and Alzheimer's and dementia care resources for you to consider.

Home Instead Senior Care offers a wide variety of services, which may grow to include activities and support that are unique to you and your elderly loved one's needs.

Senior Services include the following and more - all tailored to meet your needs:

#### Companionship Services

- Offer elderly companionship and conversation
- Provide respite care
- Monitor diet and eating
- Check food expirations
- Assist with evening and tuck-in
- Stimulate mental awareness
- Assist with entertaining
- Answer the door
- Reminisce about the past
- Assist with clothing selection
- Care for houseplants
- Provide reminders for appointments
- Discuss current and historical events
- Participate in crafts
- Play games and cards
- Supervise home maintenance
- Record and arrange recipes
- Oversee home deliveries
- Prepare grocery lists
- Clip coupons for shopping
- Monitor TV usage
- Mail bills and letters
- Buy magazines, papers and books
- Rent and play movies
- Plan visits, outings and trips
- Visit neighbors and friends
- Read religious materials
- Maintain calendar
- Maintain family scrapbook
- Record family history

#### Home Helper Services

- Provide Alzheimer's Care
- Assist with laundry and ironing
- Take out garbage
- Aid with morning and wake-up
- Arrange appointments
- Provide medication reminders
- Aid with reading
- Assist with walking
- Write letters and correspondence
- Organize mail
- Change linens
- Plan, prepare and clean up meals
- Make beds
- Dust furniture
- Drop off and pick up dry cleaning
- Pick up prescriptions
- Organize and clean closets
- Assist with pet care
- Shop for groceries and supplies
- Prepare future meals
- Escort to appointments
- Accompany to lunch or dinner
- Escort for shopping and errands
- Attend plays and concerts
- Escort to religious services
- Attend club meetings and sporting events
- Aid with airport tasks

#### Personal Services

##### Assistance with:

- Eating
- Grooming
- Dressing
- Bathing
- Incontinence
- Cognitive impairment
- Mobility
- Medication reminders

Services vary by location.

To download and print our brochures, [click here.](#)