

# Hiring Caregivers in Your Home



WHEATLAND & AREA  
Hospice Society

## Background

Calgary Zone Palliative and End of Life Care Program (PEOLC) helps clients in rural areas access extra care to stay at home longer when they are nearing end of life. **Rural In-Home Funding** can be used to cover the cost of direct care. Formal caregivers such as Health Care Aides (HCA), Licensed Practical Nurses (LPN), and Registered Nurses (RN) or informal caregivers, such as neighbours or friends may be able to meet your needs.

Your Palliative Home Care nurse will apply once Home Care's ability to support your needs is exceeded and it looks like you may need extra help. Home Care services will still be available as well. You as a family are responsible for managing these hired caregivers.

## Need Help? Ask Us.

- Planning individualized care for your loved one can be overwhelming.
- Our Palliative Navigator can help find the right fit for you.

## Early Questions

- When do you need help? (day, evening, or night)
- What personal care essentials do you need the most help with?

## Personal Care Essentials

- Bathing and showering, including dental, hair, and nails
- Toileting including catheter care, ostomy care
- Dressing and undressing
- Mobility, exercises, turning, and positioning
- Medication assistance (blister packs, iV and SC injections)
- Feeding and hydration

## Hired Caregivers

### In Home Agency Caregivers (ask for contact numbers or check online)

- Nurse Next Door
- Foothills Home Services
- Bayshore Home Health



#### Pros:

- formal training
- security/background checks
- flexibility with changing care needs

#### Cons:

- higher cost
- travel from Calgary considerations
- daily minimum hours

### Informal and Local Caregivers (ask our Navigator for ideas)

- local contacts or respite personnel for hire
- friends, neighbours, family

#### Pros:

- an approach and schedule better fitted to your needs

#### Cons:

- uninsured and minimal background clearance
- care needs may exceed skills

## More things to consider...



### CARE PLAN

- Your home care nurse can provide a road map of what's needed now and what's likely to happen in the days to come. A Care Plan lets you be prepared.
- As palliation progresses, expect that AHS Palliative Home Care can provide 4-5 hours per day of hands on support or about 4 hours per day of companionship/supervision for safety.
- A good care plan includes AHS providers, private caregivers, family, the WAHS navigator, bedside respite workers, and pharmacy.
- Rural In-Home Funding usually is used in the last two or so weeks of life.

### WHO'S IN CHARGE?

- Most times it's best to have one or two family members that know the ins & outs of all things
- Consider family members coming and going and try to keep them in the loop.
- As a caregiver, you will still have your own family and/or employment needs to meet. Do self care!
- Remember family habits and dynamics may still need to be acknowledged, for better or for worse.

### PHYSICAL LAYOUT OF YOUR HOME

- Bed (s), toileting, hallways, family gathering spaces.
- Wishes for privacy and not wanting to be a burden tend to isolate those who are dying. Your home should be a place of solace and peace for everyone.

## 8 Screening and Hiring Questions

- What made you become a caregiver and how long have you been doing it?
- What caregiving skills do you have? Do you specialize in palliative care?
- Are you quiet or talkative?
- How often will you evaluate and update a written care plan with me?
- How will you communicate with me? other family?
- Explain how you deal with a stressful situation.
- Do you have any experiences or reviews that show me the quality of your work?
- How would you like to schedule shifts and how flexible are you?

## Additional Help

*To care is human.*



- Wheatland & Area Hospice Society: [www.wheatlandhospice.ca](http://www.wheatlandhospice.ca) ph: 403-934-8199
- Hospice Calgary [www.hospicecalgary.ca](http://www.hospicecalgary.ca)
- Alberta Hospice Palliative Care Association [www.ahpca.ca](http://www.ahpca.ca)
- Alberta Caregivers Association [www.caregiversalberta.ca](http://www.caregiversalberta.ca)
- ehospice: [www.canadianvirtualhospice.ca](http://www.canadianvirtualhospice.ca)

*There will always be bumps in the road, the point isn't to avoid them all, the point is to keep driving.*