



Life Care Plan

We are all getting older. With age, our health and independence often diminish. While many older Americans have implemented a finance plan, few have a "life care" plan. The reality is that 70% of the population will require some form of long-term care after age 65. Everyone has the right to choose how he or she wants to be cared for. But most are not prepared to choose *when* the time comes for help.

"Over 20 years ago, my family and I began our journey into home care. My mother's health was declining from multiple sclerosis. We did not know what questions to ask or what our options were. But our family vowed we would always care for mom at home," says Tricia Schaum, owner of Seasons of Care, a home health care company serving the needs of clients across the area.

Seasons of Care home health aides help people with their activities of daily living so they can be safe and healthy in their homes. Adult children cannot always be there when their parents need help. But they can have "peace of mind" knowing that a caregiver has helped their mother or father with bathing, dressing, meal preparation, laundry, errands etc.

"We needed caregivers for mom so dad could do his errands," Betty, from Strongsville, relates. "We expected the caregivers to provide the same level of care that we did- but that was not always the case.

"Not all Home Care Companies provide the same level of services and quality."

Seasons of Care provides both personal care services as well as skilled services. As a Medicare Certified provider, Seasons of Care provides Skilled Nursing and Therapy for people returning home from the hospital or rehab facility.

"Our experience with two other home care providers

often did not meet our standards, explains Doug, from Middleburg Heights. "Since Seasons of Care has been caring for my wife, we have been very pleased with the quality of service and care from the caregivers as well as everyone in the office".

As the seasons of our lives change, we owe it to ourselves to know our options. Taking time now to find out about those options before we are faced with an emergency is a wise investment.

So where do you begin? Tricia offers these tips to help you get started:

- **Ask lots of questions.** Ask your loved one what help they need now or would want in the future?
- **Learn what home care is all about.** Find out the difference between Medicare and Medicaid.
- **Gather information from home care providers, facilities, associations & senior centers.** Keep brochures, articles, phone numbers in a file for easy access, if & when life suddenly changes.
- **Talk to your friends, neighbors and coworkers about their care giving experiences.** Over 80% of Seasons of Care's clients are referrals from family, friends, neighbors or co-workers.

Tricia has compiled a free pamphlet with questions and answers that family members should know when they are considering care for a loved one at home.

To obtain a free pamphlet of questions & answers family members should know, or to learn more about services Call 440-274-4000.

Seasons of Care accepts Medicare, Long-Term Care insurance, VA and Private Pay clients.

Seasons of Care Home Health Care

16500 Sprague Rd. (near Pearl Rd.) Middleburg Heights • Visit www.seasonsofcare.com to learn more about Home Care