Step-by-step

home care planning guide

Planning to stay home or return home? This step by step tool can help you prepare for this time. Your health practitioner and/or family member can help you plan your care.



Whether you need medical help or just an extra edge of support, developing a home care plan is an important first step.

Medical and/or Rehabilitation Care

(usually covered by Medicare)

Home Health Agency can provide medical services in the home including skilled nursing, physical, occupational, and speech therapy.

Hospice Care is a team of care professionals who provide care for terminal patients.

Advanced Directives are instructions to family and the medical community of your wishes should you no longer be able to make decisions. The location of the advanced directive should be known to family members. (We recommend that you keep it on your refrigerator).

Non-Medical Care

(private pay, LTC insurance)

Non-medical in home care assists with Activities of Daily Living (ADL's). The care ranges from helping with meal preparation to assisting with dressing, grooming, toileting and much more.

In some cases, you may need both medical and non-medical services. Write down the agencies that you'd like to use and place on the refrigerator.

Home Health Agency:
Hospice Agency:
Non-medical Agency:
Location of advance directives:

For more information call: 708-786-8600

