

CJE LifeNOTES

Tips on healthy, empowered and enriched living from CJE SeniorLife

*I'm needing more help these days,
but I don't want to be a burden.*



**How to know if it's time to hire
some help and where to begin.**

If you want to understand more about the kind of help a paid caregiver can provide in your life,

You are not alone

Most people who need long-term care rely on family for assistance. Approximately one-third get help from paid caregivers.

cje SeniorLife
Jewish values for positive aging



How do I know if I need a caregiver?

People hire caregivers to address many different needs. Sometimes a person needs extra help for a short period of time and sometimes the relationship lasts for many years. These questions will help you determine how a caregiver can help you.

- Have you fallen? Or had several visits to the ER in past year?
- Are you able to prepare regular nutritious meals and snacks for yourself?
- Can you change the bed linens?
- Are your kids worried about you driving?
- Do you need help dressing?
- Do you need help with laundry or other household chores?
- Is showering or bathing difficult?
- Are you incontinent or concerned about personal hygiene?
- Do you have trouble remembering the schedule of taking medications?
- Do you need help getting to and from doctor's appointments?
- Do you need help with medical equipment or monitoring vital signs?

A great way to begin evaluating what type of care you may need is to create a list of tasks that family members are currently assisting you with. If this list totals several hours per day, it may be unrealistic for a family member to be continually relied upon for all of the tasks. Consider

which tasks might be completed by a professional paid caregiver instead. These tasks can include help with organizing, meal





preparation, driving to appointments or social engagements. They can also include monitoring health problems. For medical help, you may need to hire someone with specific medical training such as a certified nursing assistant. Understanding your own needs, coupled with open communication, will more likely result in a quality relationship with a caregiver.

Should I use an agency or hire privately?

There are pros and cons to using an agency or hiring privately. A privately hired caregiver may be less expensive and you can choose precisely which person to employ. Finding a replacement for vacations or illness may be difficult with short or little notice.

An agency may appear more expensive, however an agency provides uninterrupted coverage including on holidays and if the main caregiver needs sick leave. In addition, an agency gives piece of mind by providing insurance, payroll, and criminal background checks.

Regardless of your choice, caregivers can help you age in place in the safety and comfort of your own residence. By thoughtfully considering your needs, or those of your loved ones, your life can be greatly enhanced with the help of a caregiver.

How can CJE SeniorLife help?

We provide the following supportive services:

CJE Benefits Services—We are available to help you identify and apply for a broad range of benefits and supportive services available to older adults. Benefits Specialists are SHIP certified to provide guidance on Medicare.

CJE Care Management Services—We make assessments, develop Care Plans and refer clients to appropriate services. We work collaboratively with physicians, coordinate home care, guide families and find practical resources that support independence.

Community Engagement—We provide education—geared toward your unique group—on well-being, emergency planning, physical, mental and financial health and many other subject areas.

CJE Counseling Services—Our Licensed Clinical Social Workers are specialists in the field of mental health services for seniors. We offer individual, family and group psychotherapy, as well as support groups.

To find out more about our many services and programs, Call CJE SeniorLife at 773.508.1000.

Since 1972, CJE SeniorLife has been dedicated to helping older adults live better every day connected to the community of their choice with access to trusted care and a full range of services, rooted in Jewish values. We enhance the lives of older adults and their families regardless of religion, sex, race, ethnicity, disability, sexual orientation, gender identity, or national origin.

3003 West Touhy Avenue | Chicago IL | www.cje.net | 773.508.1000

CJE SeniorLife® is a partner with the Jewish United Fund in serving our community.

1181r.4.2020