



# Empowered Aging at Home

Almost all U.S. adults over 65 want to age in their own homes (AARP) rather than in a nursing home or hospital. This takes planning and honest conversations between you as a caregiver and your loved one.

In many cultures, caring for older adults at home is expected of family. In Hispanic, Asian and African American cultures, this is especially common. The number of family caregivers helping older adults has risen overall in recent years (Health Affairs). This dedication is admirable, but can be hard. Professional in-home care can help.

## Why In-Home Care?

Our goal shouldn't just be to live long, but live well. Unfortunately, many people spend the last years of their lives in a hospital. They may struggle with daily tasks and require expensive care. This can often fall on family members.

Consider professional in-home care before health issues get too serious. Conditions like diabetes and heart disease get worse over time. If you get support early, older adults can stay independent longer. This can look like help with medicine, meal prep or getting to the bathroom. In-home care can avoid hospital visits and make life easier for the whole family.

## Talking to Your Loved One about In-Home Care

Let your loved one know that in-home care keeps them safe. Explain that trained professionals can help with bathing, dressing, cooking or physical therapy. An in-home care team handles medical needs, while family brings emotional support.

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AARP & Health Affairs

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## Employee Assistance Programs (EAP) Provide Extra Support

Check if your employer offers an Employee Assistance Program (EAP). Many EAPs provide specialists who can help find care. These experts offer personal phone calls and can search for financial aid, transportation and community programs. They can provide the guidance to help families make the right choice.

## #CareForCaregivers #RespectOurElders

If you or someone you know is older and struggling mentally, or needs support while caring for an aging loved one, you can find more resources through the **National Council on Aging** at [www.ncoa.org](http://www.ncoa.org).

*Reviewed by Senior Director, Clinical Strategy & Research (LCSW, BCBA, CCM) and Clinical Director, EAP.*