Preparing for Your Home Care Consultation

A simple guide to help you prepare for a conversation about support at home. It is okay if you do not have every answer yet.

Think about the support you need

- ☐ Which daily tasks would you or your loved one like help with?
- ☐ Consider personal care, companionship, meals, light housekeeping, errands, transportation, mobility, or medication support.
- ☐ What is working well now, and where would extra help make a difference?

Consider your schedule & preferences

- ☐ What city or ZIP code is care needed in, and when would you like to begin?
- ☐ Which days and times would be most helpful? Is the schedule flexible?
- ☐ Note familiar routines, preferred activities, language needs, and personal preferences you would like us to respect.

Bring your questions

- ☐ Ask about services, caregiver matching, supervision, and backup arrangements.
- ☐ Discuss rates, minimum visit hours, additional charges, and payment arrangements.
- ☐ Ask how care needs are assessed, how the care plan is developed, and how updates are shared with authorized contacts.

Know what to expect

- ☐ The consultation is free. It is an opportunity to discuss your needs, ask questions, and explore possible next steps.
- ☐ A separate assessment is not free. Ask about the assessment process and fee before scheduling.
- ☐ Services and scheduling depend on your needs, the care plan, and caregiver availability.

My priorities or questions:

Schedule a Free Consultation | Call or Text 24/7: 301-613-6056

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Based in Silver Spring | Serving families throughout Maryland