

YOU HIRED IN-HOME CARE. NOW WHAT?

You've hired a home care service and you are now ready to start with your new professional caregiver. Now what? It's important to prepare a few things:

1. Make a goal sheet for each day or week of things that you'd like the caregiver to accomplish with your loved one. For example, exercises, projects, or activities.
2. Post important emergency information on your loved one's fridge such as, important phone numbers, medication list, allergies, and DNR orders.
3. Define and communicate the rules of your loved one's home. Do you prefer to keep certain rooms off limits? Does your loved one have a particular way of cleaning something? Are there pets in the home that need assistance too?
4. Keep a notebook in the home for the caregiver to write notes after each visit.
5. Expect the first two weeks to be a learning process for your loved one and the caregiver. If mistakes happen, communicate them right away.
6. If you would like the caregiver to do grocery shopping, purchase gift cards to your loved one's favorite stores so that you won't have to keep exchanging money with the caregiver.
7. Touch base with your hired caregiver weekly to ensure you are on the same page.
8. Give advance notice if you need to cancel a visit and keep cancellations to a minimum.
9. Acknowledge good and bad work performance to keep your hire worker encouraged and in line with your expectations.
10. Expect all hourly/live-out home care staff to bring their own meals to their visits and to provide meals for live-in staff.

Heart Healthy Spiced Lentils

Recipe courtesy of Foodnetwork.com

Bring 1 cup of red or yellow lentils, 4 cups of water, a pinch of turmeric and a 1-inch piece chopped ginger to a boil: simmer 15-20 minutes. Whisk vigorously; season with salt. Cook 1 teaspoon of Cumin seeds, 2 sliced garlic cloves and 2 to 3 dried red chiles in a skillet with 3 tablespoons olive oil over medium-high heat, 2 minutes. Add 1 cup halved cherry tomatoes;

cook 1 minute. Stir into the lentils with some chopped cilantro.



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