Choice of home care for recovery after surgery or major medical condition

There are choices for your recovery after a surgery or major medical condition, which can leave you weaker and not safe to be at home alone. Did you know home care can be medical or non-medical care? Angel Corps, a licensed personal service agency, is one that provides non-medical care. This option can provide personal care such as assisting with bathing and dressing needs. Who doesn’t love a home cooked meal? Angel Corps is the only local home care agency that has a mandatory culinary arts program for all caregivers. These services focus on empowering the person to do what they can for themselves within the scope of their medical restrictions.

AARP recently launched a new initiative called I Heart Caregivers (www.iheartcaregivers.org) to recognize and honor family caregivers who give their hearts each and every day; to share their stories; and, to raise their voices. Your stories will significantly bolster our efforts at the Indiana State House as we fight for commonsense solutions to better support family caregivers and loved ones. Solutions like:

- The Caregiver Advise, Record, Enable (CARE) Act to support caregivers as their loved ones go into the hospital and as they return home;
- A modest tax credit to help offset the financial costs of care giving;
- Caregiver employee leave so family caregivers don’t have to worry about losing their pay or losing their jobs, when they have to take time off to care for a loved one;
- “Respite care” that allows family caregivers to take a hard-earned break;
- Making sure caregivers have access to the right resources in the community, like home care and adult day care;
- Cutting through the red tape and allowing nurses to have the full authority to heal;
- And, helping family caregivers navigate the red tape by making sure power of attorney and adult guardianship laws are consistent and honored from state to state.

Let’s shine a light on family caregivers in Indiana and all you do. Every family caregiver has a story. What’s yours?

Open enrollment ends December 7 — call, click or meet to enroll today. Take the first step toward a healthier you.

Attention Medicare beneficiaries: WELL-BEING starts here.

As a UnitedHealthcare® Medicare Advantage plan member, you’ll not only get coverage to help pay for doctor visits and hospital stays, you’ll also get help living a healthier life. Some plans available in your area include:

- $0 monthly premium for medical and Part D coverage
- Access to doctors without a referral
- $10 copay for primary care visits

You must continue to pay your Medicare Part B premium. The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the plan. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, provider network, premium and/or co-payments/co-insurance may change on January 1 of each year. A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings, call 1-855-545-9336, TTY 711. Plans are insured through UnitedHealthcare Insurance Company. For more information on how Angel Corps can assist you or your loved one during recovery, visit www.CorpsOfAngels.com or call (260) 426-4357.

Across Indiana more than 1.3 million unsung Hoosier heroes care for parents, spouses, aunts, uncles, friends, and other loved ones – helping them stay at home, with dignity, as they age. This silent army helps with bathing and dressing, transportation, meal preparation and even complicated medical tasks like wound care and medication management. They are family caregivers.

Ruth Force, professional geriatric care manager of Dorian Maples & Associates, refers older adults and their families to a variety of resources. Force says, “I look for in an agency: quality care, proper training, access to medical care and pay sources such as private pay, waiver, and Title 1F which Angel Corps provides.”

Consider a widowed woman in her 80’s who is recovering from a hip replacement at a local rehabilitation unit. Care coordination becomes essential in maintaining her safety at the time of discharge. It starts with putting into place 24-hour care through an agency such as Angel Corps to assist with personal care needs and household tasks. As her condition improves, the care can be shortened to smaller shifts then eventually removed as signs of independence are shown.

For more information on how to contact the Indiana initiative called I Heart Caregivers.org.

Caregivers in Indiana and all you do. Every family caregiver has a story. What’s yours?

Share it now at www.iheartcaregivers.org.