



A GUIDE FOR FAMILIES

Reliable Resources

For older adults, their families, and professionals in aging



YOUR LOCAL HOME INSTEAD TEAM
(303) 389-5700 · HomeInstead.com/148

HOW WE HELP

Want to stay safe and independent at home? Home Instead can help.

Our Care Pros help older adults live well in the place they love most — with care that's built around the person, not the other way around.

OUR SERVICES

Personal care

Bathing, dressing, mobility, and support with daily activities.

Companionship

Conversation, hobbies, and regular visits that ease loneliness.

Meal prep & home help

Nutritious meals, light housekeeping, and medication reminders.

Transportation

Rides to appointments, errands, the pharmacy, and more.

Hospice & end-of-life support

Comfort and companionship alongside a hospice team.

Alzheimer's & dementia care

Person-centered care from specially trained Care Pros.

Arthritis care

Help with the everyday tasks that joint pain makes harder.

Diabetes care

Meal planning, reminders, and help staying on track.

Chronic conditions support

Care for Parkinson's, heart disease, COPD, cancer, and more.

YOUR LOCAL HOME INSTEAD TEAM

Let's talk about what would help most.

CALL (303) 389-5700 · VISIT [HOMEINSTEAD.COM/148](https://homeinstead.com/148)

Dear friends,

Caregiving might not be the first thing that comes to mind when you think “crisis.” But the challenges facing people who care for older adults are growing fast — and the number of Americans stepping into that role is staggering.

63M

Americans are family caregivers — nearly 1 in 4 adults

45%

increase since 2015 — 20 million more caregivers

29%

of family caregivers are in the “sandwich generation”

24%

care for more than one person

Source: AARP and National Alliance for Caregiving, Caregiving in the US 2025 (July 2025).

Could this be you, someone in your family, or an older adult you serve? Many people become caregivers suddenly and unexpectedly. These moments may sound familiar:

- The call comes in the middle of the night. Your mom has fallen. Does she need help at home?
- Is your dad still safe behind the wheel?
- Grandma forgot to turn off the stove again. Is she still safe living on her own?
- A family caregiver breaks down in tears in your office. What can you do to help?

Home Instead can help. We support families in meeting the care commitments that matter so much to them — and help older adults age safely in the place they enjoy most: their own home.

Across nearly 1,200 locations in six countries, more than 100,000 professionally trained Care Pros provide the extra support that lets aging adults stay independent at home for as long as possible. This booklet shares programs and tools to help you care for — and support — your family member or client.

Warmly,

Lakelyn Hogan Eichenberger, Ph.D.

GERONTOLOGIST & CAREGIVING ADVOCATE, HOME INSTEAD

INSIDE THIS BOOKLET

01 The 40-70 Aging Plan

Talk about aging before a crisis.

02 Elderoscopy & Quick Guides

Spot changes early and act.

03 Home Care Funding Solutions

Costs of care and ways to pay.

04 Senior Fraud Protection Kit

Guard against scams and fraud.

WHO WE ARE

About Home Instead

We're passionate about caring for aging adults and the family members around them. That's why our care goes beyond the relationship between an older adult and their Care Pro.

1994

Founded — part of
Honor since 2021

~1,200

locations in 6
countries

100K+

Care Pros across the
network

60M+

hours of care every
year

Source: HomeInstead.com, 2026.

Home Instead supports aging adults, their families, and Care Pros around the clock, and offers quality assurance visits to connect with everyone involved in the care plan. It's how we make sure you're getting the highest level of care from a company you can trust.

HOMEINSTEAD.COM

Your 24/7 connection to support

Resources for family caregivers and aging adults, including:

- Types of home care and how they help
- Chronic conditions that can affect an older adult's safety
- The benefits of personalized in-home care
- Free guides on family communication, balancing work and caregiving, home safety, and fraud protection
- The many ways a Care Pro can help

ALZHEIMER'S & DEMENTIA

Support for the whole family

What you'll find:

- Care Pros trained through a person-centered dementia program recognized by the Alzheimer's Association
- Articles for families — from early signs to living well after a diagnosis
- Dementia home care grants for eligible families (see next page)
- A free consultation to talk through a personalized care plan

IN OUR COMMUNITIES

Home Instead Gives Back

Our individual efforts add up to a bigger impact. Here are two ways the Home Instead network gives back to older adults and the people who care for them.

EVERY HOLIDAY SEASON

Be a Santa to a Senior®

Local Home Instead offices team up with community partners to collect and deliver holiday gifts to older adults who might otherwise go without — especially those facing isolation or financial hardship.

2.5M+ gifts

delivered across North America over 20 years.

FOR DEMENTIA CAREGIVERS

HFC Dementia Home Care Grants

Home Instead partners with HFC (Hilarity for Charity) to award respite care grants to families caring for a loved one with Alzheimer's or dementia in the U.S. and Canada.

- **Recharge Respite Grant:** 50 hours of respite care, used within 3 months
- **Extended Relief Respite Grant:** 25 hours of respite care per week for 6 months

Grant details and eligibility from HomeInstead.com, 2026. Applications are reviewed monthly; awards are for care hours, not cash.

LEARN MORE

Giving back: [HomeInstead.com/giving-back](https://homeinstead.com/giving-back)

Apply for a grant: [HomeInstead.com/home-care-services/alzheimers-dementia-care/HFCgrant](https://homeinstead.com/home-care-services/alzheimers-dementia-care/HFCgrant)

FOR PROFESSIONALS IN AGING

Professional Support

If you work with older adults, sharing research-based resources with family caregivers can be life-changing. Caring for an aging parent can push busy caregivers to the brink. Home Instead offers no-cost resources for you and the families you serve.

FREE EDUCATIONAL
WEBINAR SERIES

Empowering Professionals in Aging

Presented by Home Instead in partnership with the American Society on Aging.

Free of charge. CEs included.

2026 TOPICS INCLUDE

Navigating family dynamics in caregiving

Room-by-room home safety

Personal care and dementia

Reducing readmissions through safer transitions

Knowing when it's time to start care

End-of-life planning conversations

Home Instead is driven by our mission to enhance the lives of older adults. We know professionals in aging share that goal — so we host a free webinar series throughout the year. Sessions cover medication management, end-of-life care, technology, mental health, financial exploitation, and other important issues in aging.

Home Instead gerontologists and guest speakers share their expertise to help all of us be stronger advocates for our aging clients. Together, we can change the face of aging.

SCHEDULE & REGISTRATION

[HomeInstead.com/news-and-media/ceu-webinars](https://homeinstead.com/news-and-media/ceu-webinars)

Register through the American Society on Aging at asaging.org.

Missed one? Past sessions are available on demand and as the *Empowering Professionals in Aging* podcast.

Home Care Funding Solutions

Families have more long-term care choices than ever. The funding section of this booklet helps older adults and their families figure out which type of care fits best — and the ways to pay for it.

Returning home from the hospital

Home Instead's transitional care helps older adults follow their care plan and settle in safely after a hospital stay. Our free Returning Home hub covers discharge planning, medications, and medical equipment.

[HomeInstead.com/care-resources/returning-home-navigating-hospital-discharge](https://homeinstead.com/care-resources/returning-home-navigating-hospital-discharge)

FOR CHRONIC CONDITIONS & EVERYDAY LIFE

Home Care & Help

Home Instead helps older adults age safely in the place they enjoy most: their own home. From a few hours a week to 24-hour care, we provide just the level of support you or your family needs.

TYPES OF SERVICE

Personal care

Bathing, dressing, mobility, and support with daily activities.

Companionship

Regular visits from a Care Pro to ease loneliness and isolation.

Meal prep & home help

Nutritious meals, medication reminders, and light housekeeping.

Transportation & errands

Rides to appointments, prescription pickup, grocery shopping, and more.

Hospice & end-of-life support

Compassionate care that helps keep a loved one comfortable.

Respite & 24-hour care

A break for family caregivers, or around-the-clock support when it's needed.

Transitional care

Support after a hospital or rehab stay to help recovery stay on track.

Specialized home care

Higher-level support for more complex needs. Services vary by office — ask us what's available.

IN-HOME CARE FOR CHRONIC CONDITIONS

Skilled Care Pros provide support for:

- Alzheimer's and dementia
- Arthritis
- Diabetes
- Parkinson's disease
- Cancer
- COPD
- Heart disease and stroke
- Weight-related issues

From peace of mind to comfort and security, learn more about the benefits of home care at HomeInstead.com/148.



YOUR PARTNER IN CARE

Working together.

Whether you're an older adult planning ahead, a family member looking for answers, or a professional supporting the people you serve — we're here to help, every step of the way.



CALL YOUR LOCAL HOME INSTEAD TEAM

(303) 389-5700 • HomeInstead.com/148