

Staying at Home

1. I want to remain in my own home, but I need a little help. What services are available to me?

It is very possible for you to remain in your own home and there are a number of options to help you out. You can hire someone from an agency or an individual to provide home and supportive services, like light house cleaning and help with getting dressed. You can pay privately for these services or sometimes, long-term care insurance will cover the cost. Depending on your specific needs, from nutrition to finances, there are many resources that can help you live independently at home. You should call and speak with an information and assistance specialist at your local Aging & Disability Resource Center to discuss your options. Check out the long-term care page on this web site for more information too.

2. How do I get around if I cannot drive?

There are many options depending on where you live. Check out the resource page of this web site or call your local Aging & Disability Resource Center to find out what options are available to you.

3. My vision is making it hard for me to do things around the house. Is there anything available that can help me?

You can contact your local rehabilitation specialist from the state office for the blind and visually impaired. They can come to your home and help adapt your home to make it safer and easier for you. Call your local Aging & Disability Resource Center for their number.