



GBW
 HOMECARE SOLUTIONS
 LLC

Homecare With Heart 

ACCEPTING NEW PATIENTS!

Compassionate Care. Personalized Support.

Right at Home.




**YOUR CARE.
 OUR MISSION.
 YOUR PEACE
 OF MIND.**



At GBW Homecare Solutions, we are proud to welcome **new patients** and families into our care. Whether you need short-term support or ongoing care, we are here to help you or your loved one live safely, comfortably, and independently at home.

OUR CARE SERVICES INCLUDE:



COMPANIONSHIP
 Friendly support and meaningful connection



LIGHT HOUSEKEEPING
 Keeping your home clean, safe, and comfortable



PERSONAL CARE
 Bathing, dressing, grooming, and more



TRANSPORTATION
 Appointments, errands, and outings



MEAL PREPARATION
 Nutritious meals made with care



RESPIRE CARE
 Support for family caregivers when you need a break

WE CARE FOR:

-  Seniors
-  Individuals with Disabilities
-  Those Recovering from Illness or Surgery
-  Families in Need of Respite Support

*Every person. Every story.
 Every day.*

We're honored to be part of yours.



LET'S BEGIN YOUR CARE JOURNEY TOGETHER.

We're here when you're ready.



CALL US TODAY
757-641-4034



VISIT OUR WEBSITE
www.gbwhomecare.net



EMAIL US
info@gbwhomecare.net



LICENSED • BONDED • INSURED
 PROUDLY SERVING HAMPTON ROADS & SURROUNDING COMMUNITIES





Homecare With Heart

CAREGIVERS MAKE A DIFFERENCE.

Help your loved one with care and get paid as a caregiver through GBW Homecare Solutions.



AGENCY-DIRECTED FAMILY CAREGIVER EMPLOYMENT A SIMPLE CHECKLIST FOR FAMILIES

At GBW Homecare Solutions, we make it possible for families to care for their loved ones—safely, professionally, and while getting paid.

STEPS TO BECOME A PAID CAREGIVER WITH GBW

If you're a family member who wants to provide care for your loved one, follow these simple steps to get started as a caregiver through GBW Homecare Solutions.



1 VERIFY ELIGIBILITY

We'll confirm your loved one's eligibility for services through private pay, long-term care insurance, or Medicaid programs.



2 COMPLETE AN APPLICATION

You'll complete an application and provide required identification information.



3 BACKGROUND CHECK & SCREENINGS

A background check, TB screening, and any required health screenings will be completed.



4 ORIENTATION & TRAINING

You'll attend orientation and complete required training to ensure quality and safe care.



5 EMPLOYMENT PAPERWORK

You'll complete employment documents and tax forms to become an official caregiver with GBW.



6 CARE PLAN & SCHEDULING

We'll create a personalized care plan and set your work schedule based on approved hours.



7 START PROVIDING CARE

Begin providing care based on the plan. Document your time and tasks using our easy-to-use system.



8 GET PAID

You'll be paid on time, every time, for your approved hours of care.



IMPORTANT TO KNOW

- ✓ Caregivers must be 18 years or older.
- ✓ Some Medicaid programs have rules about who can be paid (spouses and legal guardians may not be eligible).
- ✓ Caregivers must follow GBW policies, document care accurately, and provide services within approved hours and tasks.
- ✓ We are here to support you every step of the way!



TOGETHER, WE CARE.

Your care makes a real difference in the life of your loved one. We're honored to partner with you on this journey.



READY TO GET STARTED?

Contact us today to learn more about becoming a paid caregiver through GBW Homecare Solutions.



We're here to help!

757-641-4034

CARE. COMPASSION. COMMUNITY.

That's the GBW Way.



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FAMILY CAREGIVER BURNOUT

— Checklist —

Caring for a loved one is an act of love. But caring for yourself is just as important. Use this checklist to help you recognize signs of caregiver burnout and know when it may be time to get support.



You give so much of yourself every day. Don't ignore the signs that **you need help, too.**



EXHAUSTION

Do you often feel...

- Constantly tired, no matter how much rest you get?
- Physically drained or lacking energy during the day?
- Like even simple tasks feel overwhelming?



STRESS SIGNS

Do you experience...

- Irritability, frustration, or mood swings?
- Anxiety or feeling on edge most days?
- Trouble concentrating or feeling forgetful?



MISSED APPOINTMENTS

Do you find yourself...

- Missing your own doctor or medical appointments?
- Neglecting important errands or responsibilities?
- Feeling guilty for not being able to do it all?



SLEEP DEPRIVATION

Do you struggle with...

- Trouble falling or staying asleep?
- Waking up tired or not feeling rested?
- Being awake at night worrying about your loved one?



FEELING OVERWHELMED

Do you often feel...

- Like there's never enough time in the day?
- Overwhelmed by caregiving duties and responsibilities?
- Like you have no time for yourself?



YOU MATTER TOO

Caregiver burnout is real, and it's more common than you think. Recognizing the signs is the first step toward getting the support you deserve.

Taking care of yourself helps you take better care of your loved one.

You don't have to do this alone.

Let GBW Homecare Solutions help lighten the load.



WE'RE HERE TO HELP YOUR FAMILY.

Our compassionate caregivers can provide the support your loved one needs—so you can rest, recharge, and focus on what matters most.



COMPASSIONATE CARE

We treat your loved ones like family.



FLEXIBLE SCHEDULING

Care that fits your needs and routine.



TRUSTED & RELIABLE

Background-checked caregivers you can count on.



SUPPORT FOR YOU

Respite care so you can take a well-deserved break.



REACH OUT TODAY
757-641-4034
www.gbwhomecare.net



WE'RE HERE FOR YOU AND YOUR LOVED ONES.

Because your care matters. Your peace matters.



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HOMECARE SOLUTIONS
LLC

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HOSPITAL DISCHARGE CHECKLIST



A FAMILY GUIDE FOR POST-HOSPITAL RECOVERY SUPPORT

Leaving the hospital can feel overwhelming. Planning ahead and having the right support in place can help create a smoother, safer, and less stressful recovery at home.

GBW Homecare Solutions provides compassionate non-medical home care services designed to support comfort, safety, independence, and peace of mind.

OUR COMMITMENT TO YOU
We are Licensed, Bonded & Insured for your protection and peace of mind.

LICENSED

BONDED

INSURED

1 BEFORE LEAVING THE HOSPITAL

Make Sure You Understand:

- Discharge instructions
- Medication schedules and instructions
- Follow-up appointments
- Dietary restrictions
- Mobility or activity limitations
- Warning signs that require medical attention
- Emergency contact information
- Recommended equipment or supplies

2 HOME SAFETY CHECKLIST

Before returning home, consider preparing the environment to support recovery and reduce fall risks.

- Remove loose rugs and trip hazards
- Ensure walkways are clear
- Improve lighting in hallways and bathrooms
- Prepare a comfortable sleeping area
- Install grab bars if recommended
- Keep frequently used items within reach
- Stock groceries and essential supplies
- Ensure mobility equipment is available if needed

SUPPORT THAT HELPS RECOVERY AT HOME.
Care. Compassion. Peace of mind.

3 HOW NON-MEDICAL HOME CARE CAN HELP

GBW Homecare Solutions provides supportive services that may help individuals feel safer, more comfortable, and less isolated during recovery at home.

- Companionship & safety supervision
- Medication reminders
- Meal preparation
- Light housekeeping
- Assistance with daily routines
- Mobility & transfer assistance
- Transportation assistance
- Respite support for family caregivers
- Overnight companionship support

4 QUESTIONS FAMILIES SHOULD ASK

BEFORE RETURNING HOME:

- Who will be available to assist at home?
- Is the home prepared for recovery needs?
- Will supervision or companionship be needed?
- Are follow-up appointments scheduled?
- Are medications organized and understood?
- Does the family caregiver need additional support?

5 COMMON REASONS FAMILIES REQUEST SUPPORT

- After surgery
- Rehabilitation discharge
- Fall recovery
- Stroke recovery support
- Illness recovery
- Temporary family caregiver relief
- Senior safety monitoring
- Recovery after hospitalization

IMPORTANT INFORMATION
GBW Homecare Solutions provides **NON-MEDICAL** home care services only.

Our caregivers do not provide:

Skilled nursing care

Medical diagnosis or treatment

Emergency medical services

Clinical monitoring

Families should continue to follow all physician recommendations and seek emergency medical attention when necessary.

We're here to help you focus on what matters most... healing, comfort, and time together.

YOU DON'T HAVE TO NAVIGATE RECOVERY ALONE.
Compassionate support can make the transition home easier for both clients and families.

WE'RE HERE FOR YOU.
Reliable support. Trusted care. Right when you need it most.

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HOW MEDICAID WAIVER SERVICES Work in Virginia

MORE CHOICES. MORE SUPPORT. MORE PEACE OF MIND.

Medicaid Waiver Services help individuals remain safely in their homes and communities—while receiving the care and support they need. Here's how the process works and the options available to you.



Our goal is simple:

To help you or your loved one receive quality care with dignity, respect, and **choice**.

VIRGINIA MEDICAID WAIVER PROGRAM: CCC PLUS WAIVER



The CCC Plus Waiver (Commonwealth Coordinated Care Plus) is a Medicaid program for individuals who need assistance with daily living activities and want to remain in their home or community instead of going into a nursing facility.

WHO MAY QUALIFY?

- ✓ Age 65+ (or 18+ with a disability)
- ✓ Meet level of care requirements
- ✓ Meet financial eligibility
- ✓ Live in the community (not in a nursing home)

CARE OPTIONS: YOU HAVE CHOICES



AGENCY-DIRECTED CARE

The home care agency (GBW Homecare Solutions) is your employer.

We hire, train, and supervise your caregiver and manage your care plan.

- ✓ Less paperwork for you
- ✓ We handle payroll
- ✓ 24/7 support



FAMILY CAREGIVER OPTIONS

In many cases, a family member can be paid to provide care.

This is available through both Agency-Directed and Consumer-Directed options (depending on eligibility and DMAS approval).

- ✓ Get paid for care you already provide
- ✓ Support for your loved one at home



SERVICES MAY INCLUDE

- Personal care
- Bathing & dressing
- Meal preparation
- Medication reminders
- Light housekeeping
- Mobility assistance
- Respite care
- And more

HOW THE DMAS PROCESS WORKS



1. CONTACT

Call your local Department of Social Services (DSS) or GBW Homecare Solutions for guidance.



2. SCREENER-PROCESS

A screening is completed to determine if you meet medical and financial eligibility.



3. LEVEL OF CARE DETERMINATION

A level of care assessment is done to confirm the amount of care you need.



4. CARE PLAN DEVELOPED

A care plan is created based on your needs and waiver services approved.



5. SERVICES BEGIN

Services begin in your home with the care option you choose.



WE'RE HERE TO HELP YOU EVERY STEP OF THE WAY.

Navigating Medicaid can be confusing. GBW Homecare Solutions is here to make it simple and stress-free.

*You have choices.
 You are not alone.
 We are here for you.*



Let's talk about your options.

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PRIVATE PAY VS. MEDICAID HOME CARE

Understand your options. Choose the care that's right for you.



At GBW Homecare Solutions, we know choosing the right care for your loved one can be overwhelming. This simple comparison can help you understand the differences between Private Pay and Medicaid Home Care.



PRIVATE PAY



MEDICAID (CCC PLUS WAIVER)

FASTER START

Care can start quickly, often within days.



START

ELIGIBILITY REQUIRED

You must meet eligibility requirements and be approved before care can begin.

FLEXIBLE HOURS

You choose the days, times, and number of hours that work best for your family.



SCHEDULING

AUTHORIZED HOURS

Care is based on an assessment and the approved number of hours authorized by the state.

NO ASSESSMENT REQUIRED

You decide the level of care your loved one needs.



ASSESSMENT

SCREENING REQUIRED

A screening process is required to determine eligibility and level of care.

MORE FLEXIBILITY

Adjust care as needs change, no approvals needed.



FLEXIBILITY

CHANGES NEED APPROVAL

Any changes to hours or services must be approved by the state.

YOU MANAGE COSTS

You pay privately for the care and services your loved one receives.



PAYMENT

COVERED BY MEDICAID

If approved, Medicaid may cover the cost of care through the waiver program.

NO REFERRAL NEEDED

You can contact us directly to get started.



GET STARTED

REFERRAL MAY BE NEEDED

You may need a referral or be referred by your local Department of Social Services.



No matter which option is right for you,
WE'RE HERE TO HELP.

Our experienced team will guide you every step of the way with compassion and clarity.
You have choices. You are not alone.



Let's talk about your options.
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QUESTIONS TO ASK BEFORE CHOOSING A HOME CARE AGENCY

Ask the right questions. Make the right choice.



Choosing a home care agency is an important decision. Asking the right questions helps ensure your loved one receives safe, quality, and compassionate care.

 **WE'RE HERE TO HELP**
 Your peace of mind is our priority.

 **WE ARE LICENSED, BONDED & INSURED**



01 IS THE AGENCY LICENSED?

Make sure the agency is properly licensed by the state. This ensures they meet required standards for safety and quality of care.



02 IS THE AGENCY BONDED & INSURED?

Bonding and insurance protect your loved one and your family in case of accidents, theft, or property damage.



03 DOES THE AGENCY CONDUCT BACKGROUND CHECKS?

Caregivers should be thoroughly screened, including criminal background checks, to ensure your loved one's safety.



04 WHAT IS THE CARE PLAN PROCESS?

A good agency will create a personalized care plan based on your loved one's needs and update it regularly as those needs change.



05 WHAT IS THE SUPERVISION PROCESS?

Ask how the agency supervises caregivers, handles concerns, and ensures quality care on an ongoing basis.



Informed families make confident decisions.

We welcome your questions because your trust means everything to us.



Care you can trust. People who care.

 At GBW Homecare Solutions, we are committed to transparency, communication, and exceptional care. *Let's talk about what matters most to you.*

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