





# THE FAMILY COMPASS

A GUIDE TO NAVIGATING HOME CARE

Essential steps for families transitioning to non-medical  
home support






## **Message from GBW Homecare Solutions**

Behind every great agency is a story of purpose. We launched GBW Homecare Solutions to bridge the gap between "needing help" and "staying home."

This guide is designed to help your family make informed, confident decisions about the future of your loved one's care.




## Identifying the Need

Is it Time for Help?

5 Signs to Watch For:

- 1.Changes in Hygiene: Noticeable neglect in grooming or wearing the same clothes for days.
- 2.Unexplained Bruising: Signs of small falls or balance issues that haven't been reported.
- 3.Nutritional Gaps: An empty fridge, expired food, or sudden weight loss.
- 4.Social Withdrawal: A loss of interest in long-held hobbies or community events.
- 5.Caregiver Fatigue: Family members are struggling to balance their own lives with the growing needs of a loved one.



## Choosing the Right Care

### Medical vs. Non-Medical Care

#### What's the Difference?

- Medical (Home Health): Requires a physician's order. Focuses on clinical needs like wound care, physical therapy, and medication administration.
- Non-Medical (Home Care): Focuses on the "Activities of Daily Living" (ADLs). This includes companionship, meal prep, medication reminders, and light housekeeping.

Our Mission: To provide the support that allows seniors to stay in the place they love most: home.

## **The “Safe at Home” Checklist**

Check your home for these common hazards:

Lighting: Are hallways and stairs well-lit?

Clutter: Are paths clear of electrical cords and clutter?

Bathroom: Are grab bars installed in the shower?

Medications: Is there a clear system for reminders?

Flooring: Are throw rugs removed or secured with non-slip backing?

Accessibility: Are frequently used items in the kitchen kept on waist-high shelves?

# **Hospital Sitter Service**

Advocacy When It Matters Most

Hospitalization can be stressful for both the patient and the family. Our trained caregivers provide a supportive presence during a hospital stay:

- Continuous monitoring and companionship.
- Personal care that complements hospital staff efforts.
- Keeping family members informed and reassured.
- Assisting with the transition from hospital back to home.

## **Starting the Conversation**

How to talk to your loved one:

- Lead with Love: "I want to make sure you can stay in this house as long as possible. What can we do to make that easier for you?"
- Identify the "Pain Point": "I've noticed the laundry is getting heavy for you. How would you feel about having someone come in just to handle the chores so you can relax?"
- The "Trial" Approach: "Let's try a companion for just a few hours a week to help with errands and see how you feel."



## WE ARE HERE FOR YOU

Serving Hampton Roads and surrounding cities with reliable, compassionate care.

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