



SERVICING PACIFIC PALISADES TO ENCINO

Senior Care Guide

A practical family guide to safer,
comfortable and more independent
living at home

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Why early planning matters

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75% of adults age 50+ want to remain in their current homes as they age.

Planning early helps families understand what support, home changes, and financial resources may be needed to make that preference realistic.

California is preparing for a much older population

10.3M

Californians age 60+ by 2030

About 25% of the state

1 in 4

U.S. adults age 65+ report a fall each year

More than 14 million older adults report falling annually.

Kindness starts with noticing small changes before they become a crisis.

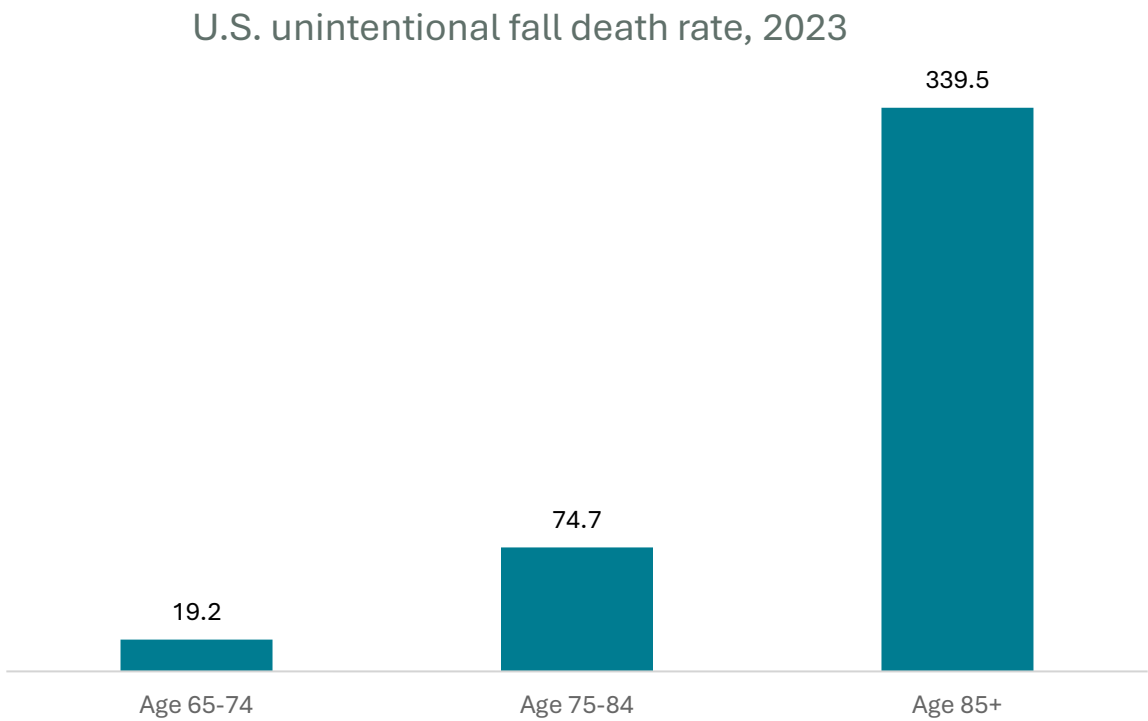
Dependable support begins with an early conversation about routines, safety and family capacity.

Signs that may signal a need for support

Daily routines	Safety and health	Connection and capacity
✓ Bathing, dressing or grooming becomes difficult ✓ Meals, hydration or food safety slip ✓ Medications, appointments or tasks are missed	✓ A fall, near-fall or increasing unsteadiness ✓ Memory changes, confusion or wandering ✓ Extra support is needed after discharge	✓ Driving and errands become difficult ✓ Isolation or loneliness increases ✓ Family caregivers feel exhausted or stretched thin

Consistency matters. A pattern of changes can signal that it is time to talk, assess the home and consider support.

Fall risk rises sharply with age



Five places to check at home

Bathroom	Non-slip surfaces and appropriate support equipment
Bedroom	Clear route to the bathroom, night light and phone nearby
Kitchen	Fresh food within reach and appliances used safely
Living areas	Clear walkways with loose rugs and cords addressed
Entry and outside	Secure rails, clear steps and good lighting

Quality care starts with safer routines and support matched to the person’s daily life.

WHAT NON-MEDICAL HOME CARE CAN HELP WITH

Support shaped around the person's day

Personal care

Bathing, grooming, dressing and mobility

Companionship

Conversation, activities and outings

Family relief

Respite so family caregivers can rest or work

Meals and nutrition

Planning, preparation, groceries and hydration

Home and routine

Light housekeeping, errands and reminders

Changing needs

Memory, transitional and extended support

Care by Design

Routines, preferences and family involvement shape the plan. Kindness and consistency shape the daily experience.



Support at home. Connection every day.

Flexible help can begin with one routine and change as needs evolve.

Five questions for choosing an agency

01	What exactly can the caregiver help with?	Confirm the agency can support the activities your loved one needs.
02	How are caregivers screened, trained and supervised?	Ask about onboarding, support and caregiver matching.
03	What happens if the scheduled caregiver is unavailable?	Understand how the agency communicates and provides coverage.
04	Who do we contact when we have a concern?	Know how to reach the team coordinating your family's care.
05	Can the care plan change as needs change?	Look for a plan that adapts with routines, schedules and needs.

CLARIFY WHAT WOULD HELP MOST

A simple family care-planning conversation

- 1 What is the biggest concern right now?
- 2 Which daily tasks create the most strain?
- 3 Who is helping today, and where are the gaps?
- 4 When would support make the biggest difference?

Kindness protects the family relationship while dependable support covers the care tasks.



Support can start small

A few hours each week may be enough. The schedule can expand as routines and needs change.

Payment and planning considerations

Private pay	Families pay directly and tailor the schedule to needs and budget.
Long-term care insurance	Some policies may cover qualifying home care. Review benefits and claim requirements.
Veterans' benefits	Some veterans or surviving spouses may qualify. Eligibility varies.
Family resources	Relatives may coordinate both contributions and care responsibilities.
Compare more than the hourly price	Dependability, consistent communication and caregiver fit affect value. Quality also depends on supervision and continuous improvement.

Your next step

A free consultation can help your family clarify the situation, priorities and level of support that would make the biggest difference.

Serving Pacific Palisades to Encino

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OUR CORE VALUES

Kindness Dependability Consistency Quality Continuous improvement

General educational information only. Non-medical home care does not replace emergency or skilled medical care. For a medical emergency, call 911.

Home Helpers[®]
Home Care

Pacific Palisades

CARE BY DESIGN

Personalized non-medical home care
shaped around the individual