

## HOME CARE SERVICES

The terminology related to home care services is often confusing. Here is a brief primer to help you become more acquainted with what services you may *actually* need.

- **Home care services** generally refer to non-medical services that seniors receive at home.
- **Home Care Workers** are non-medical care providers that assist with shopping, escorting, errands, cooking, and companionship in addition to cleaning and laundry. Some home care workers may also be trained to provide personal care. *Further classifications of home care workers follow.*
- **Certified Nursing Assistants (CNA's)** - these care providers most often perform **personal care tasks** including assistance with bathing, dressing, toileting, and meal preparation. CNA's must also pass a state certification exam that allows them to provide personal care to clients in their homes as well as in nursing homes, assisted living facilities, and hospitals.
- **Homemakers** - these care providers perform mostly light housekeeping tasks such as cleaning the bathroom/kitchen, dusting, vacuuming, and laundry. **Homemakers do not provide any personal care (i.e., hands on care).**
- **Home Health Aides** - these care providers most often perform **personal care tasks** including assistance with bathing, dressing, toileting, and meal preparation. Home health aides may also perform some minimal homemaking tasks but it is not their primary function. *Home health aide services may also be covered by Medicare if an individual is eligible for Medicare certified home health services (see page 91).*
- **Personal Care Homemakers** - these care providers have completed additional training that allows them to assist with limited personal care (i.e., bathing and dressing) as well as light housekeeping.

**PLEASE NOTE:** Many private pay home care agencies have a **minimum number of hours for which you must contract** in order to use their services. Please be sure to ask in advance about any minimum hour

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requirements. Some agencies also accept long term care insurance. Remember to ask in advance about this. The rates quoted here are subject to change. Check current rates with the agencies.

**If you would like more information, please contact:**

- ☞ **H.E.L.P. Program (Home and Escort Linkage Program) 617-730-2752**
- Services offered include light housekeeping, heavy chore, laundry, grocery shopping, errands, light cooking, companionship, escort, and odd jobs.
  - **HELP workers do not provide personal care (i.e., hands on care).**
  - Clients must be age 60 or older and residents of Brookline.
  - All services are private pay and costs range from \$13-\$15 per hour.
  - There is a two-hour minimum required for services.
  - You must sign up with the program, which requires a home visit, before being able to use the service.

☞ **Greater Medford Visiting Nurse Association** **781-396-2633**

278 Mystic Ave Suite 204 Medford, MA

- Alliance Accredited, Medicare Certified, Private Care.
- Non-profit providing home care and community health programs for more than a century in Greater Boston, consistently delivering high quality, compassionate care, and responsive customer service.

### **Additional Care Private Care**

- A division of the Greater Medford Visiting Nurses Association.
- There is a two-hour minimum required for services. Rates for companionship and homemaker service are \$24 per hour during the week, and \$25.50 on the weekend. Rates for home health aide service are \$25.50 per hour on weekdays and \$27.50 on weekends.

☞ **Altranis; Home Care LLC** **978-640-0066**

1501 Main St. Suite 32

Tewksbury MA

Altranis@altrhomecare.com

[www.altrhomecare.com](http://www.altrhomecare.com)

- Prices vary according to services provided; provides live-in services.

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- ☞ **Always Best Care Senior Services** 617-489-9000 (24 hours)  
68 Leonard St., Belmont, MA [www.alwaysbestcare.com](http://www.alwaysbestcare.com)
- Provides personal care, companionship care, accompaniment transportation, and homemaker services and care for many specialized needs. Current hourly rates are: \$24 to \$40 depending on the level of care needed with no hour minimum. Live-in (\$300/day) and 12 hour sleepover (\$200/night) care are also available.
- ☞ **Always Here Home Care** 1-877-933-8884  
264 Beacon St. 3<sup>rd</sup> Floor 617-933-8884  
Boston MA 02116 [www.alwaysherehomecare.com](http://www.alwaysherehomecare.com)
- Provides personal care, companionship care, homemaker services, and care for many specialized needs. Current rates are: \$25 per hour. Minimum of 4 hours per week. Uses current IRS standard mileage rate for errands in employee vehicle. Client chooses caregiver. Licensed, insured, and bonded.
- ☞ **Care Solutions** 1-508-366-1766  
[www.care-solutions.net](http://www.care-solutions.net)
- Services offered include personal care assistance, nursing, social work, rehabilitation services and health management.
  - There is a two-hour minimum required
  - **Private Pay Rates for Home Health Aide service:** \$55 for 2 hour minimum service. \$23 per hour weekdays and \$24 per hour weekends for more than 2 hours service. Costs vary for holidays and for more than 40 hours in a work week for same employee.
- ☞ **Comforcare Senior Services** 781-255-6910  
5 Walpole St. [www.comforcare.com](http://www.comforcare.com)  
Norwood MA 02062
- Services offered include companionship, meal preparation, light housekeeping, medication reminders, grocery shopping, errands, and transportation, and personal care assistance.
  - **Private Pay Rates:**  
**Companionship service:** \$22 per hour 8 am to 8 pm with 3 hour minimum; nights and weekends are \$22.50. Companionship service

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### **Comforcare Senior Services (Cont.)**

includes conversation, meal preparation, light housekeeping, medication reminders, and errands.

**CNA service:** \$23 per hour 8 am to 8 pm with 3 hour minimum; nights and weekends are \$23.50. CNAs are trained to provide hospice care and administer "End of Life" medications.



### **Comfort Keepers**

**781-721-5522**

21 G Olympia Ave

[www.comfortkeepers.com](http://www.comfortkeepers.com)

Woburn, MA 01801

- Services offered include companionship, meal preparation, light housekeeping, medication reminders, grocery shopping, errands, transportation, and personal care assistance. Also has specialized dementia care, end of life care, and veterans' care. All services are private pay. Hourly rates are \$22 to \$25 depending on service.



### **Conlin Health Care Inc.**

**781-329-3400**

555 High St. Suite 204,  
Westwood, MA 02090

[www.conlinhealthcare.com](http://www.conlinhealthcare.com)

- Provides companionship services, meal preparation, and general housekeeping and shopping duties. Current fee for homemaking and/or companionship is \$28 per hour. There is a four hour a day minimum.



### **Home Care Assistance**

**866-454-8346**

[www.homecareassistance.com](http://www.homecareassistance.com)

- Services offered include companionship, light housekeeping and meal preparation, medication reminders and assistance with personal care, errands, and medical escort.
- All services are private pay.
- There is a four hour daily minimum for services.



### **Home Instead Senior Care**

**617-229-7962**

440 Totten Pond Road Suite 300  
Waltham MA

**1-866-969-0200**

[www.homeinstead.com](http://www.homeinstead.com)

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## Home Instead Senior Care (Cont.)

- Services offered include companionship, meal preparation, light housekeeping, medication reminders, grocery shopping, errands, and medical escort.
- A three-hour daily minimum is required for services.
- **Private Pay Rates: Companionship service** includes conversation, assistance with walking and meal preparation/clean-up. **Cost is \$24 per hour on weekdays, \$25 on weekends.** Cost varies for holidays.
- **Home Instead Senior Care (cont.) Private Pay Rates:**
  - Home Helper service** includes light housekeeping, laundry, errands, and medical escorting. **Cost is \$24 per hour on weekdays, \$25 on weekends.** Cost varies on holidays. Please call to inquire.
  - Sleep over service** includes all of the above services as well as assistance into bed, assistance overnight, and breakfast preparation/clean-up. Cost is a **flat rate of \$180 per day for 10 hours of total service time.**
  - 24 hour care** includes all of the above services as well as preparation of up to 3 full meals per day. Cost is a **flat rate of \$390 per day.**



## Houseworks

617-928-1010

[www.houseworks.com](http://www.houseworks.com)

- Services are available on a short-term, long-term, or live-in basis and 24-hour care is available. There is a discount for BCAN members.
- **Private Pay Rates:**
  - Homemaking and PCA services**
    - WEEKDAYS** \$26.50 per hour for 3 or more consecutive hours  
\$39.00 per hour for less than 2 consecutive hours
    - WEEKENDS** \$28.50 per hour for 3 or more consecutive hours  
\$41.00 per hour for less than 2 consecutive hours
  - Standard live-in care is \$329 per day on weekdays and weekend days.** Enhanced live-in is \$360 per day. Live-in rates apply only when the associate sleeps at night and receives a 2-hour break.
  - Heavy Chore Services: \$75/hour with a two hour minimum**
  - Handyman Services: \$85/hour with a two hour minimum**

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### Partners Health Care at Home

1-800-698-2628

[www.PartnersAtHome.org](http://www.PartnersAtHome.org)

- Formerly Golden Care, TLC Nursing Inc and Partners Private Services
- Services offered include private duty nursing, home health aide services, and homemaker/companionship services. May also include physical therapies.
- Services are available on a short-term, long-term, or live-in basis and 24-hour care is available.
- **Private Pay Rates:**
  - Home Health Aide** (one hour shift, minimum)
    - WEEKDAY:** \$26.00 per hour
    - WEEKEND:** \$27.00 per hour
    - LIVE IN:** \$25.00/hour for 24/7 care



### Senior Homecare Solutions

617-431-1165

[www.seniorhomecaresolutions.com](http://www.seniorhomecaresolutions.com)

- Services offered include companionship, meal preparation, errands, light housekeeping, transportation to appointments, medication reminders, and personal care assistance.
- Services are available on a short term, long term, or live-in basis and 24 hour care is available.
- **Private pay rates:** \$26 per hour, with a 3 hour minimum
  - \$24 per hour for more than five hours
  - Live-in care** \$280 per day



### Springwell (Area Agency on Aging)

617-926-4100

[www.springwell.com](http://www.springwell.com)

- Offers home health aide and homemaking services.
- Organization contracts with health care agencies in order to provide services to clients. Therefore, minimum hours and services may vary.
- The cost for services is dependent upon your income level. You may be eligible for free service if you meet certain income guidelines.
- Proof of income is required during intake visit with a Springwell representative.

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### Springwell (cont.)

- Offers resource listings for private pay agencies if individuals are over income for services through Springwell.



### Home Staff Inc.

508-658-7714

[www.homestaffma.com](http://www.homestaffma.com)

- Offers private duty nursing services, personal care services, and homemaking/companionship services from 1 hour to 24 hours a day, wherever home may be. We provide certified Home Health Aides, Alzheimer's and Hospice trained and certified resources. Services are available on a short-term, long-term, or live-in basis. Affiliated with the VNA Care and Hospice Network and Fallon Health.

- **Private Pay Rates:**

- Companion and Homemaking Services**

- \$26.00 per hour for 1-3 hours of service

- \$22.00 per hour for 4-7 hours of service

- \$21.50 per hour for 8-11 hours of service

- \$21.00 for 12 or more hours of service

- Hands-On Personal Care Services**

- \$28.50 per hour for 1-3 hours of service

- \$24.50 per hour for 4-7 hours of service

- \$24.00 per hour for 8-11 hours of service

- \$23.50 for 12 or more hours of service

- LPN services** - \$67.00 for one hour, \$62.00 for more than one hour.

- RN services** - \$85.00 for one hour, \$78.00 for more than one hour.