



## Care Providers

### **In-Home Supportive Services (IHSS)**

<http://www.dds.ca.gov/SupportSvcs/IHSS.cfm>

888-944-4477 Program (Application Hotline)

If you qualify for Medi-Cal you are eligible for the IHSS program. IHSS pays for services for those who are disabled (including children over 6 years of age) and seniors to remain safely in their own homes. Individuals who qualify hire their own provider(s) to assist them with personal care services such as bathing, grooming, dressing and bowel and bladder care; domestic services such as cooking, housecleaning and laundry; protective supervision for individuals with mental impairments; paramedical services such as assistance with medications, suctioning, and catheter care; and accompaniment to medical appointments.

### **In-Home Operations (IHO)**

The In-Home Operations waiver is a new waiver designed to assist in supporting a participant in his/her home as an alternative to care in a licensed health care facility. Allows participant to receive up-to the same amount of care provider hours in home as they'd receive inside a facility.

<http://www.dhcs.ca.gov/services/ltc/Documents/IHOQuickReferenceGuideandFAQ.pdf>

### **Personal Assistance Services Council (PASC)**

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

877-565-4477

PASC is the public authority for In-Home Supportive Services (IHSS) in L.A. County. PASC operates a Registry to match IHSS consumers and providers. The PASC Homecare Registry is a free and voluntary service that IHSS consumers can use to obtain referrals of homecare providers. Registry providers are referred to consumers based on the consumer's needs, hours allotment, and geographical location. PASC is committed to improving the IHSS Program and enhancing the quality of life for all people who receive IHSS benefits.

### **AccentCare**

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

626-966-2428 Joey

With multiple locations for Southern California and with decades of healthcare experience, AccentCare understands how important it is for individuals to not only stay in their homes and remain independent, but do so with an enriched quality of life. We offer a variety of post-acute healthcare services including personal, non-medical care and private duty nursing. Personal Care Services are designed to help with daily activities such as bathing, dressing, and meal preparation. Private Duty Nursing is clinical care provided by Licensed Vocational Nurses, under the supervision of a Registered Nurse, for patients' needs involving gastrostomy tubes, ventilators, catheters, wound care, or other services.



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### **Care**

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

Care.com's premise is simple: Their consumer matching solutions allow families to search for, qualify, vet, connect with, and ultimately select caregivers in a low-cost, reliable and easy way. Their platform also provides caregivers with solutions to create personal profiles, describe their unique skills and experience, and differentiate themselves in a highly fragmented marketplace.

### **Lotsa Helping Hands**

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

Lotsa Helping Hands powers online caring Communities that help restore health and balance to caregivers' lives. Our service brings together caregivers and volunteers through online Communities that organize daily life during times of medical crisis or caregiver exhaustion in neighborhoods and communities worldwide. Caregivers benefit from the gifts of much needed help, emotional support, and peace of mind, while volunteers find meaning in giving back to those in need.

### **Assisted**

[www.Assisted1.com](http://www.Assisted1.com)

Assisted provides In-Home Care in Los Angeles, Ventura, Santa Barbara and Arizona locations. They are state-licensed, Medicare certified, Medi-Cal certified and CHAP Accredited. Whether you need skilled nursing, physical therapy or other home care services, or non-medical assistance with daily activities, Assisted can help – 24 hours a day, seven days a week.

### **Family Caregiver Resource Center**

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

FCRC is an Orange County agency focusing specifically on the needs of caregivers who are coping with a loved one's chronic illness. Services include family consultation, assessment, care planning, counseling, referrals for resources, psycho-educational seminars, respite planning and community education.

### **Maxim**

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

Maxim Healthcare Services is a provider of both skilled medical care and non-medical services for adult and pediatric patients in the comfort of their homes. Maxim has staff on call 24 hours a day, seven days a week, to help ensure continuity of care and preserve quality of life.

### **Home Care Exchange**

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

HomeCareExchange.org is a FREE community service provided by SEIU United Long Term Care Workers, the largest and most trusted union of in-home caregivers in California. All providers have passed thorough background checks. Caregivers work with private pay clients, as well as those who qualify for California's In-Home Supportive Services (IHSS) program.



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### **Family Caregiver Alliance**

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

FCA is a non-profit organization that assists family caregivers. The web site includes useful material for any caregiver, including individual fact sheets.

### **Los Angeles Caregiver Resource Center**

[www.la4seniors.com](http://www.la4seniors.com)

LACRC is part of a statewide system of regional resource centers designed to assist families and caregivers of adults with brain impairment.

### **California Caregiver Resource Centers**

<https://www.caregiver.org/californias-caregiver-resource-centers>

Caregiver Resource Center serves as a point of entry to services available to caregiving families in every county of California. Services are free or low cost.

### **Southern Caregiver Resource Center**

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

858-268-4432

Helping to pay their bills, taking them to doctor appointments and cooking meals for them to more extensive help such as constant supervision and assistance with personal care needs.

### **Accredited Family of Home Care Services**

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

Accredited Home Care specializes in providing in-home caregiver services for the purpose of at maintaining a client's independence in his or her own home.

### **Craig – Caregivers & Personal Assistants Resources**

<https://craighospital.org/resources/topics/caregivers-and-alternative-therapy>

Important resources including how to find, hire and keep personal care assistances.

### **Craigslist Ad**

<http://losangeles.craigslist.org/search/hea>

Great place to find a person to help you with care needs direct is by placing an ad on Craigslist. Start with phone interviews, then meet in a public place for interview, then decide if you have a good match. See sample ad on next page.



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### SAMPLE CRAIGSLIST AD

CAREGIVER NEEDED FOR ACTIVE QUADRAPLEGIC BY MONDAY 3/21/XX

Caregiver needed starting March 21st for male quadriplegic.

I am XX years old and need a reliable caregiver to help me with daily routine. Approx 30 hours a week on Monday, Wednesday, & Friday.

Need help with:

- Bowel Program/Showers
- Dressing
- Range of motion exercises
- Transfers
- Driving to Appointments
- Medical Supply Management
- Light meal preparation
- House Cleaning
- Errands

Approx Hours-

Monday- 7:00 - 5:00

Wednesdays- 7:00 - 5:00

Fridays- 7:00 - 5:00

Must:

- Speak English
- Be legal resident with Social Security number
- Drivers license & vehicle
- Pass Background Check
- Trustworthy
- Reliable
- Strong
- Clean
- Organized
- Able to work around dog
- Some Flexibility with hours
- Able to learn.
- CNA preferred.
- Experience with people with Spinal Cord Injuries preferred.

Will train. Need someone who can fit in with my schedule. I lead an active lifestyle and I'm trying to be as independent as possible. Long term employment.

Compensation: In Home Supportive Services (IHSS)