



CARDINAL ADVISORS

Care Manager with Agency Caregiver

Hans and Tom discuss Long-Term Care using Kelly Peabody's CLU CLTC Chart in our video entitled "Care Manager with Agency Caregiver"

CARE MANAGER WITH AGENCY CAREGIVER

S.S. <input type="checkbox"/>	- IF YOU WISH TO AGE IN YOUR HOME RECEIVING CARE FROM FAMILY MEMBERS, IT'S DIFFICULT.	INCOME <input type="checkbox"/>
MED <input type="checkbox"/>	- BEING AN INFORMAL CARE MANAGER HIRING AN AGENCY CAREGIVER IS MORE REALISTIC.	ESTATE <input type="checkbox"/>
LTC <input type="checkbox"/>	- A CAREGIVER - DIRECT HANDS ON ASSISTANCE WITH ADL'S. - PERSONAL CARE, MEAL PREP, LIGHT HOUSEKEEPING, COMPANIONSHIP, MEDICATION REMINDERS, BASIC HEALTH MONITORING - VARYING LEVELS OF TRAINING (HOME HEALTH AIDS)	TAXES <input type="checkbox"/>
401K/ IRA <input type="checkbox"/>	- CARE MANAGER - ASSESSING INDIVIDUAL NEEDS, CREATING AND IMPLEMENTING A CARE PLAN, COORDINATING HEALTH CARE PROS, ARRANGING SERVICES, MONITORING QUALITY OF CARE, ADVOCATING FOR INDIVIDUAL, SUPPORT TO FAMILY MEMBERS	

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Aug 2024

Time	CAREGIVER	CARE MANAGER
7:00 AM to 8:00 AM	Make & serve breakfast (45 minutes)	Make & serve breakfast (45 minutes)
8:00 AM to 8:45 AM	Bathing assistance (2-3x per week) showering / sponge bath (and toileting –related hygiene)	Morning work-out, walk around the neighborhood, yoga at community center, etc.
8:45 AM – 9:15 AM	Dressing	
9:15 AM to Noon	Chores – housework, laundry 2-3x per week, change bedding weekly or as needed	Book club at library, coffee with neighbor, visit to gardening center, etc.
Noon – 1:00 PM	Make & serve lunch	Make & serve lunch
1:00 PM to 4:00 PM	Errands – grocery shopping, banking & bill paying, etc.	Errands – grocery shopping, banking & bill paying, etc., Check in with Home Care Agency via phone to make scheduling adjustments, provide feedback, etc.
4:00 PM to 5:30 PM	Make & serve dinner	Make & serve dinner
8:30 PM to 9:00 PM	Prep for bed	Prep for bed
7:00 AM	Repeat	Repeat

The difference between a care manager and a caregiver in the context of providing assistance with Activities of Daily Living (ADLs) in a person's home is primarily based on their roles, responsibilities, and qualifications:

1. **Caregiver**:

- **Role**: Caregivers provide direct, hands-on assistance with ADLs such as bathing, dressing, eating, mobility, toileting, and transferring (e.g., from bed to chair).

- **Responsibilities**: Their tasks often include personal care, meal preparation, light housekeeping, companionship, medication reminders, and sometimes basic health monitoring (e.g., checking vital signs).

- **Qualifications**: Caregivers may have varying levels of training and certification, but they typically do not have the same level of education or credentials as care managers. They may be certified nursing assistants (CNAs) or home health aides (HHAs).

2. **Care Manager** (also known as a Geriatric Care Manager or Aging Life Care Professional):

- **Role**: Care managers oversee and coordinate the overall care plan for the individual, ensuring all aspects of their health and well-being are addressed.

- **Responsibilities**: Their duties include assessing the individual's needs, creating and implementing a care plan, coordinating with healthcare providers, arranging for services (including hiring caregivers), monitoring the quality of care, advocating for the individual, and providing support to family members.

- **Qualifications**: Care managers typically have advanced education and credentials in fields such as nursing, social work, gerontology, or related disciplines. They often hold professional certifications such as Certified Care Manager (CCM) or Aging Life Care Professional (ALCP).

In summary, caregivers provide direct, hands-on assistance with daily tasks, while care managers oversee and coordinate the broader care plan and services required to meet an individual's needs.

When a family member, such as a spouse or adult child, acts as the care manager, they are often referred to as a **family caregiver** or **informal caregiver**. These terms recognize their role in managing and coordinating care, even though they may not have formal training or professional credentials in care management.

While the term "care manager" is typically reserved for professionals with specific qualifications, using "family caregiver" acknowledges the significant responsibilities and contributions of family members in managing a loved one's care. Here are a few other terms that might also be appropriate:

1. **Primary Caregiver**: Emphasizes their primary role in providing care.
2. **Family Care Coordinator**: Highlights their responsibility in coordinating care.
3. **Care Partner**: Reflects a collaborative approach to caregiving.
4. **Informal Care Manager**: Acknowledges their role in managing care without formal training.

These titles can help convey the essential role family members play in the care and well-being of their loved ones.