

Free Home Care Guide

Your Complete Guide to In-Home Care in Massachusetts

Presented by Divine Living Home Care | Hingham, MA (781) 919-0151 | www.divinelivinghomecare.com

What Is Non-Medical Home Care?

Non-medical home care provides assistance with daily living activities for seniors and adults who want to remain safely in their own homes. Unlike medical home health (which involves nurses and therapists), non-medical home care focuses on personal support, companionship, and household help.

Services typically include:

- Bathing, dressing, and grooming assistance
 - Meal preparation and nutrition support
 - Medication reminders
 - Light housekeeping and laundry
 - Transportation to appointments
 - Companionship and social engagement
 - Mobility assistance and fall prevention
 - Overnight and 24-hour supervision
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When Is It Time for Home Care?

Many families struggle with knowing when to seek help. Here are common signs that your loved one may benefit from in-home care:

- Difficulty with bathing, dressing, or personal hygiene

- Forgetting to take medications or taking them incorrectly
- Unexplained weight loss or poor nutrition
- Increased falls or balance issues
- Social isolation or withdrawal
- Difficulty managing household tasks
- Getting lost in familiar places
- Leaving the stove on or doors unlocked
- Family caregivers feeling overwhelmed or burned out

If you recognize even two or three of these signs, it may be time to explore home care options.

How to Choose the Right Home Care Agency

Not all home care agencies are the same. Here's what to look for:

1. Licensing and Insurance

Make sure the agency is properly licensed in Massachusetts and carries liability insurance. This protects your family.

2. Caregiver Screening

Ask about their hiring process. Look for agencies that conduct:

- Criminal background checks
- Reference verification
- Skills assessments
- CPR/First Aid certification

3. Caregiver Consistency

One of the biggest complaints families have is rotating caregivers. Ask if the agency prioritizes sending the same caregiver consistently.

4. Personalized Care Plans

Your loved one isn't a checklist. Look for agencies that create individualized care plans based on an in-home assessment.

5. Communication

How will the agency keep you informed? Look for regular updates, easy access to a care coordinator, and responsiveness to your calls.

6. Flexibility

Life changes. Make sure the agency can adjust hours, services, and schedules as your loved one's needs evolve.

Understanding the Costs

Home care costs in Massachusetts typically range from 28–38 per hour depending on the level of care and location.

Payment options include:

Payment Method	Details
Private Pay	Most flexible; no contracts required at Divine Living
Long-Term Care Insurance	Most LTC policies cover in-home care
MassHealth / Medicaid	ABI Waiver and Money Follows the Person (MFP) programs
Veterans Benefits	Aid & Attendance benefit may cover home care

What to Expect in the First Week

Day 1–2: Your caregiver arrives, introduces themselves, and begins building rapport with your loved one. The focus is on comfort and trust.

Day 3–5: Routines begin to form. Your caregiver learns preferences — how your loved one likes their coffee, what time they prefer to bathe, their favorite activities.

Day 5–7: By the end of the first week, most families report feeling a sense of relief. Your loved one has a consistent, caring presence, and you have peace of mind.

Questions to Ask During Your Free Consultation

1. How do you match caregivers with clients?
 2. What happens if my regular caregiver is sick?
 3. How quickly can care begin?
 4. What is your minimum number of hours?
 5. How do you handle emergencies?
 6. Can I meet the caregiver before care starts?
 7. How do you communicate with families?
 8. What training do your caregivers receive?
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About Divine Living Home Care

Divine Living Home Care is a locally owned, non-medical home care agency based in Hingham, Massachusetts. We serve families throughout Southeastern MA and Cape Cod with compassionate, consistent, and personalized in-home care.

What makes us different:

- Caregiver consistency prioritized (same familiar face)
 - Hand-selected caregiver matching based on personality and skills
 - Direct communication with our care team (no call centers)
 - Boutique-level attention — we limit our caseload intentionally
 - Insured and CPR-certified caregivers
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Ready to Take the Next Step?

Call us for a free, no-pressure consultation:

Phone: (781) 919-0151 After Hours: (508) 441-3453 Website:
www.divinelivinghomecare.com

We can often begin care within 24 hours. No contracts required.

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