

Help for PALS

Where and How do you Find an In Home Caregiver?

Updated March 7, 2022

Suggestions collected from the local ALS community

This is across the board one of the most difficult issues families with ALS face. It is rare that this comes together easily, fast and well right away for PALS/CALS.

Always check with your insurance first to see what they will help you pay.

The following are just ideas of places to check. When a specific company is listed it is because one of the current PALS/CALS has had success getting a caregiver from that agency recently.

We have been told that a starting point when looking for caregiving help in your home is: www.dshs.wa.gov/altsa/home-community-services/home-care-adults. (Washington State residents)

*Check with your local Aging and Long Term Care Agency for suggestions and recommendations. This is also the place to start if you, a CALS, want to become a paid in home caregiver for your loved one and to learn about respite programs you may be wanting to learn about.

Spokane County	(509)960-7281
Ferry, Pend Oreille and Stevens Counties	(509) 684-8421
North Idaho	(208)769-1567

*Further, Glen Garcia, Care Coordinator for the ALS Assn., (March 3, 2022) has given us the following suggestions regarding where you will be led as you work with Aging and LT Care in your state/county:

These two particular contact numbers below are for those folks living in Spokane County. Every county in Washington has similar programs as does Idaho, to some degree. You can either search for your county's Agency on Aging or contact Glen for help to find yours. (Also see above.)

Caregiver Support Program [509-458-7450](tel:509-458-7450)

They can provide up to 20 hours per month of respite and/or homemaker services, as well as home delivered meals, care supplies, and counseling or massage for the caregiver. It's likely they won't be able to provide all of these, but this gives you an idea of what is possible. You may also be responsible for a percentage of the cost of respite services based on your income. Be sure to ask about that right away so you know about any costs up front. There is no* estate recovery with this program.

Home and Community Services Intake [509-568-3767](tel:509-568-3767)

This is where you can inquire about and begin the application process for the COPES/CFC programs. Estate recovery is a possibility here, so it's important to talk about that with them up front. If your questions about *estate recovery are satisfied, this can be a great way to go as you will get a lot more respite hours than with CSP. It's not perfect, but it's the best option we have for in home care other than private pay and anything the insurance company might pay for.

*Note – it is vital you understand how estate recovery will be handled in your particular case. Estate recovery is the state's way of recouping the cost of long term care services that they provide. It doesn't apply in every case, but if applicable, the state can seize a person's assets (most often their house) in order to get money back after they pass. ***Please be clear on how this will work in your case before you apply for or receive services through COPES/CFC or any Medicaid programs that have estate recovery.*** (from Glen 3/3/22)

*Try the local college schools of nursing to see if they can advertise for you on their employment bulletin boards for you. (Covid times – the boards will be on line.)

WSU
GU

Laura Wintersteen
Amie Le

Text @ (509)999-6282
le2@gonzaga.edu

*Senior Helpers – not nursing, but household help and help with your daily activities. (509) 260-7373

*Try care.com to find people looking for jobs in your neighborhood.

*Care to Stay Home (North Idaho) In home services, not medical service. (208)268-0390.

*One of the PALS recently told us that when they signed up with Hospice of Spokane they were given a list of agencies and went further by recommending one of them, that being Home Care Assistance.

*Hospice of Spokane Palliative Care will do the same. The # for Hospice of Spokane is (509) 456-0438. They will direct you to the right person if you want to inquire about Palliative Care.

*In February of 2022 we were told that Hospice of Spokane Palliative Care is temporarily closed due to covid. We were also told that typically they would see patients who are receiving any type of treatment, including ventilators or other aggressive treatments. When open they will provide an RN, MSW and a physician, but you would also keep your own. Due to covid they have not been able to provide volunteers for respite, nor a chaplain.

*February 2022 I am aware that Horizon Hospice has been offering Palliative Care. Their number is 509 489 4581.

*Home Care Assistance is an in home nursing agency. They have been recommended by PALS/CALS. The Spokane/Liberty Lake # is (509)931-1655. The # for the Coeur d'Alene office is the same.

*In the past we were aware of several really good home care givers

who were neighbors and/or church friends of families.

*Winter of 2020-2021 The Coombes had very good luck with an app called nextdoor. They found 2 good neighborhood caregivers using this.

*Brandi, RT for the Spokane ALS Clinic and ALSSO Board Member, has been hearing good things about Kindred at Home (fall 2020).
Spokane # is (509)464 4970. Spokane Valley # is (509)473 4900 and
Coeur d'Alene # is (208)765 3452.

*Stevens County, WA: Susan Hitch at (509)685-7388 is an excellent resource in that she is articulate and clear in explaining the procedure you will use to receive services in Stevens County. Her agency is called Catholic Charities Home Health Care – *NOT to be confused with Catholic Charities, the big agency in Spokane.*)

*Walla Walla, WA – The Bowtons recommended Providence St. Mary Home Health Care.

*Golden Sherpa, Margie Benschling, helps families find living arrangements for seniors and others. (509) 290-3023; info@goldensherpa.com.
Recommended by Theresa Whitlock-Wild of MattsPlace Foundation.
Margie is working with Theresa to develop a list of places appropriate for PALS and which have clean, nice facilities/homes. Feb. 2022 – note: this is a work in progress.