



Keeping Someone You Love Safe at Home

A practical guide to choosing in-home help when a parent or partner is living with dementia

Most families face this decision suddenly: after a fall, a hospital stay, or a frightening night. This guide puts the signs, the options and the right questions in one place, so you can decide calmly and with confidence.

Signs it may be time for help at home

- ☐ Missed meals, medications or appointments
- ☐ Safety worries: the stove left on, doors unlocked, falls
- ☐ Wandering, or trying to leave the house at night
- ☐ Getting lost or confused in familiar places
- ☐ More agitation late in the day (sundowning)
- ☐ A family caregiver who is exhausted or can't step away

Checked two or more? It may be time to talk about help at home.

How much help do we need?

OFTEN EARLY STAGE

A few hours a day

Help with meals, outings and routines, and a regular break for the family.

OFTEN MIDDLE STAGE

Daytime coverage

Steady supervision while family members work, with the same companion.

OFTEN LATER STAGE

Overnight or 24 hours

Safety at night when wandering, sundowning or falls become a worry.

Needs change over time. A good provider lets you add or reduce hours without a long contract.

The types of help, explained

In Florida, what a caregiver may do depends on their training and on the license their agency holds. Knowing the difference helps you ask for the right care.

Companion or homemaker

Supervision, company, meals, reminders, light housekeeping and errands. No hands-on personal care.

Best for: safety, routine and company

Home health aide or CNA

Companion tasks plus hands-on help with bathing, dressing, toileting and moving safely, through a licensed agency or nurse registry.

Best for: daily personal care needs

Nurse (LPN or RN)

Medical care at home, such as giving medication, wound care and monitoring health conditions.

Best for: medical needs after illness or surgery

Adult day or memory care

Care outside the home: structured daytime programs, or a community with a secure memory care unit.

Best for: when home is no longer safest

10 questions to ask any home care provider

- 1 Are you licensed in Florida, and for what type of care?
- 2 Have caregivers completed Florida's dementia (ADRD) training?
- 3 Do caregivers pass a Level 2 background check?
- 4 Can we meet or see the caregiver before they start?
- 5 Will we have the same caregiver each time?
- 6 How do caregivers handle sundowning, wandering or refusing help?
- 7 Which tasks can, and can't, your caregivers do?
- 8 What happens if our caregiver is sick or can't come?
- 9 What does an hour cost, and is there a minimum?
- 10 How will you keep our family updated?

Tip: Keep this page by the phone when you call providers. A good one will be glad to answer all ten.

Making the first weeks easier

Keep routines steady. Same times for meals, walks and bed.

Share who they are. Fill in the "All About Me" sheet at the back of this guide.

Agree on updates. A short daily message helps, especially from far away.

Start gently. Have a family member there for the first few visits.

Make the home safer. Clear walkways, good lighting, and labels on key doors.

Give it time. Trust can take a few weeks to build, and that is normal.

Caring for yourself, too

Family caregivers often put their own health last. Accepting help is not giving up. It is how you keep going.

Take regular breaks, even a few hours a week.

Join a support group. The Alzheimer's Association runs free groups across Florida.

Ask for help early, before you reach a crisis.

Free help in Florida

Alzheimer's Association 24/7 Helpline
800-272-3900

Florida Elder Helpline
1-800-963-5337

Check any provider's license
FloridaHealthFinder.gov

ABOUT US

Dementia Companions

Dementia-only companion care at home, across Florida. Families watch real 15 minute video interviews of caregivers and choose the person themselves.

48 hours to matched caregiver profiles

From \$35 an hour (40+ hours a week)

Screened for dementia care experience

Background-checked before every placement

Florida ADRD training before the first visit

Talk it through, free: a 15-minute call, no obligation

(786) 432-5758 or **(689) 333-6079**

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All About Me

Please read this before caring for me. It helps you know who I am.



Dementia
Companions

My name, and what I like to be called

Music, shows and activities I enjoy

People who matter to me

Things that upset or worry me

My daily routine: waking, meals, bedtime

What helps me feel calm

Foods I love, and foods I avoid

My life story: work, places, proud moments

Health notes, allergies and medications

Emergency contacts

Name	Relationship	Phone
Name	Relationship	Phone