



TRUSTED GUIDES
By Steadfast Care Services



Is Home Care Right for Me?

Assessing Home Care
for Your Family's Needs



There's No Place Like Home

No other place compares to home. From the precious memories stored within its walls to the comfort it brings each day, home is more than where you rest. It's your safe space, your anchor, and your reminder of a life well-lived.

For those hoping to age in place or recover after a hospital stay, the familiarity of home can make all the difference. But it can also present challenges. Whether that's keeping up with chores, managing health needs, or simply enjoying favorite activities. You don't want to leave your home or give up your independence. So what's the alternative?





Introducing Home Care

Home care is the ideal solution for those who want to remain at home but could use extra help. Whether you need support with daily tasks, companionship, or an added layer of safety, home care provides a highly personalized solution.

With tailored care plans, you receive exactly the level of assistance you need—whether short-term or long-term. Qualified, compassionate caregivers from Steadfast Care Services help protect independence and bring peace of mind to both clients and their families.



How Do People Benefit from Home Care?

Whether it's companionship, recovery support, or assistance with chronic conditions, home care fills the gaps that help individuals live safer, fuller lives at home.

- Pet care and household chores
- Bathing, dressing, and personal assistance
- Social companionship
- Post-surgery or illness recovery
- Organizing medications
- Transportation and errands
- Meal preparation
- Reducing family caregiving stress
- Staying safe at home and preventing falls
- 24-hour care for ongoing support
- Live-in care for continuous presence and peace of mind



Busting the Myths About Home Care

MYTH Home care is only for seniors.

TRUTH Home care is for anyone 18+ who needs help after an illness, surgery, or life change.

MYTH Home care means losing independence.

TRUTH Home care supports independence by helping you stay safe and in control at home.

MYTH My family doesn't want to care for me anymore.

TRUTH Families turn to home care so they can focus on love, connection, and simply being family again. Without the stress of constant caregiving.

MYTH Too many strangers will be in my home.

TRUTH Steadfast Care Services matches clients with consistent caregivers you can trust.

MYTH Home care is too expensive.

TRUTH Home care is often more affordable than facility living, with options such as long-term care insurance, Medicare Advantage, veterans' benefits, and more.





How Does Home Care Help?

According to the AARP, nearly 80% of adults aged 50+ want to stay at home as they age. But health and safety challenges can make that difficult without consistent, dependable support.

That's where Steadfast Care Services comes in—helping clients maintain dignity, safety, independence, and comfort while easing the burden on families. Our compassionate caregivers provide companionship, practical support, and peace of mind for families every single day.



Can I Benefit from Home Care?

Here's a quick checklist to help you decide. We recommend you print this document to complete this checklist and review it with your loved ones.



- ☐ I've experienced one or more falls in the last year
- ☐ I currently receive nursing visits, but they don't provide enough support to live safely at home alone
- ☐ I no longer feel confident driving and often avoid going out by myself
- ☐ I sometimes struggle with memory lapses or moments of confusion
- ☐ I've forgotten to turn off appliances like the stove or sink more than once
- ☐ I haven't been able to stay active or exercise regularly



- ☐ I occasionally lose my balance or feel unsteady on my feet
- ☐ I find it difficult to sit, stand, or move in and out of bed or the bathtub without help
- ☐ I feel overwhelmed by keeping up with daily household chores
- ☐ I occasionally forget to pay bills or manage financial responsibilities on time
- ☐ Remembering and organizing all of my medications has become a challenge
- ☐ I sometimes forget to feed my pets or keep up with their care needs
- ☐ I hesitate to ask family for help because I don't want to be a burden
- ☐ I've lost interest in social activities or hobbies I once enjoyed
- ☐ It takes so much effort to get myself ready that I often give up
- ☐ I struggle to concentrate on simple tasks that used to be easy for me
- ☐ I need help refilling prescriptions and keeping them up to date



- ☐ My personal hygiene has declined because I can't maintain my usual routines
- ☐ I've unintentionally lost weight because preparing meals doesn't interest me anymore
- ☐ My family is concerned I may not drink enough water and risk dehydration
- ☐ After a recent surgery, I feel I haven't fully regained my strength
- ☐ Recovering from illness has been difficult, and I worry I won't feel like myself again
- ☐ I live with a chronic condition and managing it alone feels overwhelming
- ☐ I often steady myself on furniture when walking around my home
- ☐ Climbing stairs has become harder, and I worry it may not be safe for me

If you answered yes to any of these,
home care could bring you and your
family peace of mind.





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About Steadfast Care Services

At Steadfast Care Services, we provide highly personalized in-home care designed to preserve your safety, dignity, and independence. Every client receives a dedicated Care Manager and a customized plan, carried out by trained caregivers matched to your needs and personality.



We also connect clients with a network of trusted providers when additional services are needed. Whether medical partners, hospice, or even non-medical support like handyman help. Our goal is to provide a comprehensive circle of care that keeps you safe, comfortable, and independent at home.

Request your consultation today to discover how Steadfast Care Services can support you or your loved one.