



## IN-HOME CARE SERVICES



SourcePoint is Delaware County's primary resource for professional expertise, services, and programs for adults who want to thrive after 55. Whether you're 55 or 95, SourcePoint can help you set your own course to live well as you age.

SourcePoint's in-home care services are designed to help older adults remain living safely in their own homes with independence and dignity. We provide direct access to in-home services, as well as referrals to community resources. Eligibility for in-home care services is based on need, not income, and services are available on a sliding fee scale.

### **Adult Day Care**

Adult day care provides socialization, support, and safety to frail and chronically ill adults, as well as adults with cognitive or physical disabilities, while allowing them to return home at the end of the day.

### **Emergency Response Systems**

A small help button, typically worn around the neck or the wrist, provides a direct link to 24-hour assistance.

### **Homemaker Services**

For those unable to perform household tasks themselves, services may include light cleaning, cooking, and laundry. Homemaker escorts can also accompany you on local errands.

## **Meals on Wheels**

Our Meals on Wheels program provides delicious hot and cold meals delivered by a caring volunteer. In addition to providing good nutrition, a home-delivered meal provides family the security of knowing someone is regularly checking on their loved one. We offer several menu options, including meals with restricted carbohydrates or low sodium.

## **Medical Transportation**

Rides to medical appointments, social service agencies, and adult day care centers.

## **Mental Health Counseling**

In-home behavioral health services are available to individuals enrolled in our program.

## **Basic Nursing Services**

Registered nurses help you achieve optimal health and well-being through simple screenings and medication set-up.

## **Personal Care**

Personal care assistants or home health aides help with daily activities like bathing and dressing.

## **Respite Care**

Respite services are designed to provide relief and rest for family caregivers, so that stress and tension is minimized. Services can be provided in the home or at a local facility. Respite workers also can perform personal care tasks, such as help with bathing, grooming, and dressing.

## **Community Programs**

In addition to in-home care, we provide a variety of programs throughout the county, including fitness, arts, and education; caregiver support; Medicare education; and nutrition services.

Learn more at [MySourcePoint.org](https://www.MySourcePoint.org) or call **740-363-6677**.