

## Take Care When Seeking Home Care

As we age there comes a time in our lives when we can no longer manage on our own. However that does not mean that we have to leave our home. Home care is offered throughout New Brunswick in the major centers and in rural communities, allowing individuals to function as independently as possible. You can remain in your home and receive help with personal care, activities of daily living and home management.

However not all home care services are equal. So it is important to do your homework before having someone come into your home or that of a loved one. Did you know that home care agencies that are under contract with the Province of New Brunswick are required to ensure that all of their workers have:

- Training
- First Aid and CPR
- undergone Criminal and Social Development record checks
- have Workers Compensation
- provide confidentiality of information
- supervision

Agencies as a rule can provide coverage if the regularly scheduled worker is off ill. They also carry liability insurance.

Did you know that if you hire your own worker you become their employer and are responsible for income tax, Canada pension and Employment insurance deductions? Also if the worker is injured on the job, you are responsible for compensation through your own insurance coverage? You could even be sued! Who is checking on the worker's qualifications, background and honesty? What if your worker is ill? Who steps in?

We urge you to make an informed decision. Contact a member agency of the New Brunswick Home Support Association for further information on care for yourself or a loved one. Visit our website at [www.nbhhsa.ca](http://www.nbhhsa.ca) to find agencies in your area.

Janet Gee  
Executive Director  
New Brunswick Home Support Association