

Don't let physical limitations affect your ability to remain independent at home: contact us today!

Catholic Charities can help you with:

- ✓ Tips for hiring your Home Helper
- ✓ Providing background checks
- ✓ Developing a job description
- ✓ Creating flyers to post in your community
- ✓ And more — call or visit ccmaine.org/ISS for more information



As with all Catholic Charities Maine programs, services are extended to all eligible persons of all faiths and beliefs.

For more information, call:
1-888-ISS-CCME (1-888-477-2263)
TTY: Maine Relay 711

or visit us online at
www.ccmaine.org/ISS

Funding

Our services have the generous support of the Maine Department of Health and Human Services, the United Way, county and municipal governments, businesses, friends and concerned citizens.

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 **Catholic Charities**
Independent
Support Services

9/2023

Self-Directed Help at Home



How to Hire Your Own Home Helper

 **Catholic Charities**
Independent
Support Services



With Self-Directed Help at Home, You're in Charge!

Maybe you need help with household chores and laundry, or shopping and other errands. Perhaps you've got a friend, loved one, or acquaintance who is willing to help out for a couple hours a week in return for a little extra income.

A program of Catholic Charities Independent Support Services, Self-Directed Help at Home lets **you decide what services you need, when you need them — from someone you choose.**

What is a Home Helper?

A Home Helper provides in-home assistance with routine light housekeeping, laundry, errands, meal planning/preparation, and other essential tasks. They may be a family member, friend, acquaintance, or someone from your local church, community center, library, grocery store, or other neighborhood group (note: they cannot be someone living with you.)

Home Helpers must be at least 17 years old and pass background checks, provided as a courtesy of Catholic Charities.

Why choose Self-Directed Help at Home?

With a growing number of aging seniors in Maine, it can be difficult to find agency homemakers. With the Self-Directed option, you can:

- Choose someone you already know and trust
- Enjoy peace of mind by having a consistent Home Helper
- Receive services more quickly by not having to wait for an agency homemaker
- Direct your own home help
- Feel good about managing your own life with a little "help at home!"

Hire and manage your own Home Helper

As the "Employer," your responsibilities include:

- Screening, training, and scheduling your helper
- Paying your helper
- Completing and mailing timesheets bi-weekly
- Keeping accurate records of hours worked and amount paid to your helper

Receive 2 hours of help each week

All Self-Directed Help at Home consumers receive:

- Up to 8 hours of help in a 4-week month
- Up to 10 hours in a 5-week month
- Maximum hours per year = 104 hours
- Two people living in the same home may receive a combined monthly total of 15 hours.

Find out more about eligibility and access helpful resources, visit us online at:

www.ccmaine.org/ISS



Paying for your Home Helper

If you have a co-pay:

You will be responsible to pay your Home Helper \$5 per hour, in addition to the reimbursement which Catholic Charities provides for the workers' hours.

OR

If you are eligible for the co-pay waiver:

You will be responsible to pay your Home Helper the full reimbursement which Catholic Charities provides for the worker's hours.

You are always allowed to pay your Home Helper more money per hour, if you like.

Note: Catholic Charities cannot provide tax advice to either you or your Home Helper. Please note that ISS reimbursement payments to you as the "Employer" are not considered income by Catholic Charities Maine.