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

For more information, call:
1-888-ISS-CCME (1-888-477-2263)

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.

Main Office
420 Cumberland Avenue
Portland, ME 04101
TTY: (207) 781-8551

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

Paying for your Home Helper

Self-Directed Home Helpers receive a minimum of $13 per hour.

If you have a co-pay, you are responsible to pay your Home Helper $5 per hour: Catholic Charities will send you a reimbursement of $8 per hour to pay your Home Helper. With your financial contribution and the help from Catholic Charities, the worker will earn $13 per hour. You are, however, allowed to pay your helper more per hour, if you like.

If you are eligible for the co-pay waiver, you’ll be fully reimbursed: Catholic Charities will send you a reimbursement check of $13 per hour for you to pay your Home Helper.

Find out more about eligibility and access helpful resources, visit us online at: www.ccmaine.org/ISS

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.