Home Care by Athena Offers Guidance on Recognizing Changing In-Home Care Needs

November 20, 2026

ROSEVILLE, CA - November 20, 2026 -
Home Care by Athena is outlining signs that an older adult may need more consistent assistance with daily activities, encouraging families to assess changes in routines, mobility, personal care, and household safety before those changes become difficult to manage. The Roseville-based, state-licensed home care organization provides non-medical support across South Placer County, with care plans developed around each client's needs and reviewed as circumstances change.

Changes that signal a need for assistance are not always dramatic. A family may first notice that an older relative is skipping meals, having difficulty keeping up with laundry, avoiding bathing, missing appointments, or becoming less comfortable moving around the home. Changes in memory may also affect the ability to follow familiar routines, prepare food, or remain safely alone. Looking at these patterns together can help families understand whether occasional assistance is sufficient or whether a more regular care arrangement should be considered.

"Families often notice several small changes before they recognize that a daily routine has become difficult to manage," said Carly Pickern, founder and CEO of Home Care by Athena. "An in-home assessment gives the

family an opportunity to look at those routines with the person receiving care, identify where support is needed, and build a plan that respects the individual's preferences and independence."

Home Care by Athena begins its care process with an in-person assessment and a written plan. The assessment considers the person's routines, the type of assistance required, and the schedule that would provide appropriate support. The agency matches caregivers to individuals rather than simply filling scheduled shifts. The proposed caregiver is introduced to the household before the first shift, allowing the client and family to meet the person who will provide assistance.

The type and frequency of support can vary. Companion care may include conversation, meal preparation, errands, and help maintaining a regular routine. Personal care can include assistance with bathing, dressing, mobility, and bathroom needs. For people living with dementia or Alzheimer's disease, caregivers use calm routines and redirection to support daily activities. When a person can no longer be left alone safely, 24-hour care can provide continuous coverage through rotating caregivers.

The organization emphasizes that non-medical home care has a defined scope. Caregivers can assist with daily living, supervision, transportation, housekeeping, and medication reminders, but they do not administer medications, provide wound care, give injections, or deliver therapy. Those needs require services from a home health agency or hospice provider. Understanding this distinction helps families coordinate appropriate support.

"Care plans should reflect the person's actual needs, not a standard schedule applied to every household," Pickern said. "As routines or abilities change, the plan can be reviewed with the family and adjusted so that the support remains appropriate. It is also important to be candid when a need falls outside the role of non-medical home care."

Caregivers employed by Home Care by Athena are licensed Home Care Aides with at least two years of in-home care experience. The agency reports that caregivers undergo California Department of Justice and FBI fingerprint background checks, have their work histories and references verified, and receive training before their first shift. They are W-2 employees rather than independent contractors. The agency also follows up after care begins and reviews arrangements when client needs change.

Families considering in-home assistance can observe daily routines and note which activities have become difficult, how often help is needed, and whether safety concerns are emerging. Including the older adult in these conversations, when possible, helps keep planning centered on personal preferences, established habits, and dignity. An assessment can clarify whether companion care, personal care, dementia support, or a more extensive schedule is appropriate.

Home Care by Athena is a locally owned, state-licensed Home Care Organization based in Roseville, California, serving Roseville, Rocklin, Granite Bay, Lincoln, Loomis, Auburn, and nearby communities in South Placer County. Founded by Carly Pickern, the agency provides non-medical in-home senior care and draws on more than 20 years of combined in-home care experience. The organization operates under California Home Care Organization license 314700059, issued by the California Department of Social Services, Home Care Services Bureau.

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Home Care by Athena

Home Care by Athena, founded in Roseville, CA, by Carly Pickern and Troy Greenway, brings 20+ years? experience to South Placer County. All caregivers are licensed Home Care Aides, and the owners personally answer every call for trusted, quality care.

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