

**Business Name:** FootPrints Home Care

**Address:** 4811 Hardware Dr NE d1, Albuquerque, NM 87109

**Phone:** (505) 828-3918

## FootPrints Home Care

FootPrints Home Care offers in-home senior care including assistance with activities of daily living, meal preparation and light housekeeping, companion care and more. We offer a no-charge in-home assessment to design care for the client to age in place. FootPrints offers senior home care in the greater Albuquerque region as well as the Santa Fe/Los Alamos area.

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4811 Hardware Dr NE d1, Albuquerque, NM 87109

### Business Hours

- Monday thru Sunday: 24 Hours

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Families do not generally compare care choices with a cool spreadsheet and a calm afternoon. The choice comes after a fall, a roaming episode, a medication mix-up, or a sluggish slide into loneliness that begins to show up in the laundry and the fridge. The headline rate is easy to find: a hourly rate for home care, a regular monthly lease for assisted living. The true expense hides in the fine print and the gray locations in between services.

I have actually sat with daughters who brought color-coded binders and sons who tossed crumpled billings on the table. I have learned to ask a short list of questions that expose the real budget plan. The responses shift by area, provider, and personal requirements, but the patterns repeat. If you know where the add-ons lurk, you can prepare much better, work out smarter, and prevent the shock of mid-year increases.

## What the base price really covers

Assisted living communities publish a "base rate," typically a monthly number tied to a house size and meal plan. Home care agencies price estimate a hourly rate, often with a lower rate for live-in plans. Both numbers include less than individuals assume.

At assisted living neighborhoods, the base normally covers the apartment or condo, utilities other than phone, 3 meals a day or a versatile dining strategy, housekeeping as soon as a week, laundry for linens, activities, transportation on a set schedule, and a fundamental emergency situation action system. Care is separate. The personal aid you really desire, such as triggering for medications or assist with bathing, is priced in tiers or à la

carte. A resident might start at Level 1 support and then be reassessed upward after a hospital stay. Each dive contributes to the regular monthly bill.

With a home care service, the hourly rate includes a caregiver's time for tasks like meal prep, bathing, light housekeeping connected to care, companionship, and trips in the client's cars and truck if permitted. It does not consist of cleaning up beyond what the caretaker can do within the appointed hours, heavy tasks, significant lawn work, treatment beyond an assistant's training, or the expense of equipment. Some companies bundle mileage or charge per mile. Over night coverage can be billed as awake care at a higher rate or as a sleep-over rate with paid interruptions.

When households compare, they often match the assisted living base rate versus a minimal in-home schedule, such as four hours 3 times a week. That disregards the 2 minutes that drive expenses: nights and short shifts. Night protection is expensive anywhere. Brief shifts often bring premiums or minimums that multiply your expense per actual hour of care.

## **The concealed expenses within home care**

Home care, or at home senior care, works well when someone wants to stay rooted and the home already fits the individual's needs. It can also sprawl into a patchwork of vendors and surprise bills. These are the line products that do disappoint up in the first conversation.

Short-shift minimums. Numerous agencies require a 3 or four hour minimum per visit. If your moms and dad only needs 90 minutes for a shower and breakfast, you still pay for the minimum. It makes good sense, since caregivers have travel time and agencies handle schedules, but it alters the math. Three early mornings a week at a four-hour minimum is twelve hours, not the six you planned.

Weekend and vacation premiums. Thanksgiving, Christmas, New Year's Day, and some regional holidays typically carry time-and-a-half rates. If Sunday is your standing bath day, you might pay a weekend premium each week. Request for a vacation list in writing.

Last-minute cancellations. Agencies may charge if you cancel within 24 hours, due to the fact that the caretaker's shift was reserved. Families who pop in from out of town and cancel paid hours at the last minute get stung by this cost more than once.

Mileage and errands. If the caretaker drives their own vehicle for errands, anticipate a per-mile charge at a set rate, often with a minimum. If they utilize the customer's automobile, you save the mileage but take on insurance coverage threat, which might require a call to your agent.

Caregiver turnover. Even with a good home care service, matches often stop working. Each change costs you time: re-training on regimens, missed out on hours while staffing changes, and in some cases greater rates if a suitable replacement only accepts longer shifts. The firm soaks up recruitment expenses, however families pay in friction.

Care coordination and guidance. Respectable agencies include nurse oversight in their rate. Some add an assessment fee at the start and after hospitalizations. Independent caregivers worked with privately frequently appear more affordable up until you include payroll taxes, employees' compensation protection, scheduling software application or your own hours to handle all of it. If a caregiver hires sick at 6 a.m., who is the backup? A company can normally fill it, however private hires put the scramble on you.

Night coverage. Sleep-over shifts with no expected waking can be priced cost effectively, but the minute a customer starts wandering or needing aid numerous times a night, lots of agencies switch the rate to awake

overnight care. That dive is genuine. I have actually seen families go from a \$200 nightly flat rate to \$30 to \$40 per hour for 10 to twelve hours, which can double the weekly bill.

Home adjustments. A ramp, expanded entrance, get bars, portable shower, raised toilet seat, improved lighting, and removal of throw rugs pay for themselves in security. They still cost cash upfront. A standard set of grab bars and a shower chair might run \$300 to \$600 set up. A modular ramp can cost \$1,500 to \$4,000. A stairlift typically runs \$3,000 to \$7,000. If your house requires a full restroom on the first flooring, the task enters into 5 figures fast.

Medical equipment and supplies. Not covered by the company. Incontinence pads, gloves, bed protectors, a transport chair for outings, and a walker with brakes all come from your pocket or insurance coverage. Households ignore supply costs by half on the very first pass.

Taxes and liability if you employ independently. Paying under the table produces risks. If a caregiver gets hurt, you may be liable. If you do it ideal by becoming a household company, you add payroll withholding, joblessness insurance, and employees' comp. The math still can exercise, however it is not simply the hourly wage.

### [albuquerque home care](#)

Transportation gaps. Some caretakers can not drive customers. If rides to the doctor need a separate service, budget for that. Medicare does not spend for regular rides. If your loved one stops driving, the cost of keeping a social life falls on you or on paid hours.

The paradox of light needs. People at the low end of requirement frequently feel home care is overpriced since they do not utilize all the paid hours. A mild method to fix this is to plan meaningful jobs for every visit so each hour buys actual worth: kitchen checks to reduce food waste, deep cleaning up the shower as soon as a week, a walk to the park that supports mobility.

## **The surprise costs within assisted living**

Assisted living, or senior care in a neighborhood setting, covers real estate, meals, and social life into one bill. The convenience has a rate: costs for levels of care, step-ups after reassessment, and services that sit across a delicate line in between hospitality and health care.

Care level creep. Many neighborhoods examine locals on move-in and set a care level. Changes in gait, continence, or orientation trigger reassessments. A urinary system infection can press someone from Level 2 to Level 3, and it is rare to reassess downward even after recovery. The month-to-month bump is frequently long-term. Households forget that assisted living is a business model with predictable margins tied to staffing ratios. More care suggests more staff.

Medication management. Many families assume staff will manage pills. Typically, medication management is an add-on fee per day or per medication pass. If a resident takes tablets twice daily and includes a twelve noon antibiotic for 10 days, that can temporarily include a mid-day pass cost. If a resident needs insulin, some neighborhoods charge more for injection support.

Third-party care vendors. When needs grow beyond what the community can provide under its license, lots of enable outdoors home care companies to come in. You then pay the community rent and costs plus the external home care rate. This is common for individually friendship, overnight safety checks, or end-of-life care. The benefit is real, the costs grows.



Move-in fees and neighborhood fees. Anticipate a one-time community charge of a couple of thousand dollars, in some cases framed as a nonrefundable admission cost. There can be charges for basic maintenance demands beyond wear and tear, and costs for including cable or updated web packages.

Room size and roomie options. The lower base rates are for studios. Couples or brother or sisters may pay considerable premiums for one-bedroom or two-bedroom systems. Shared apartments reduce costs but can strain personal privacy. If a roomie leaves, you might acquire a greater per-person cost until the room is filled again.

Transportation beyond the schedule. The community bus goes to the grocery store and medical complexes on set days. Special trips, off-hours trips, or private medical transportation to a center outside the route can cost extra. If you want your mother to keep seeing the dental practitioner she trusts 25 minutes away, plan for out-of-pocket rides or personal assistants to accompany her.

Cable, internet, and phone. "Energies included" sounds complete. Often, it covers electric, water, heating, and maybe standard cable. Streaming and faster internet come at a monthly charge. A resident who enjoys Zoom calls with the grandkids might require an upgraded plan.

Companion meals and visitor policies. Family meals are generally welcome, but they are not free. Visitor suites for out-of-town visitors can cost like a mid-range hotel. Nice to have, not budget plan neutral.

Move-out costs. If the resident has a medical event that requires an experienced nursing center, you might be paying for the assisted living-room at the very same time due to 30-day notice policies. Some communities credit back days if the room is re-rented rapidly, lots of do not. Cleaning and restoration fees after move-out differ and are frequently not unimportant, especially if extra repainting or carpet replacement is needed.

The elephant in the room is progression to memory care. If dementia advances, a resident might be needed to transfer to a safe system with higher staffing and specialized programs. The jump in rate can be 20 to 60 percent depending on area. Families with a tight spending plan get captured here more than anywhere else.

## **Where geography and timing tip the scales**

Rates differ by area. In a seaside city, private task home care might run \$32 to \$45 per hour with four-hour minimums, while assisted living base rates hit \$5,000 to \$7,500 per month before care. In a midwestern town,

home care might be \$24 to \$30 per hour and assisted living base rent \$3,500 to \$4,800. Rural areas might have less agencies, which can imply less versatility and higher minimums. The point is not to remember numbers, however to pull data for your postal code and then request for the charge schedule in writing.

Timing matters too. If you start services on a crisis timeline, you lose working out utilize. Move-ins at the end of a quarter in some cases come with promos. Home care companies may trim the per hour rate when you dedicate to a specific variety of hours per week or to a live-in design. If you can plan, you can save.

## **The non-financial expenses that still strike your budget**

Care expenses do not survive on billings alone. They show up in your calendar, your back, and your cars and truck's odometer. Adult kids typically undervalue two drains pipes: caretaker time and caretaker tension. Both transform to money eventually.



Time as currency. If you coordinate three vendors for elderly home care, participate in medical appointments, fill up the weekly pill box, and do grocery runs, you have a part-time task. Some individuals absorb it. Others burn vacation days and stall professions. When households price options, they forget to value their own time.

## **How to check out a contract without missing out on the tripwires**

Most of the concealed costs hide in plain sight inside the documentation. A cautious read, and a couple of pointed concerns, makes a difference.

Ask for line-item clearness on care levels, what activates reassessment, and how frequently it takes place. Request the current fee schedule and the history of cost increases for the previous three years. If a community states a typical annual boost of 4 to 8 percent, set your mental model at the luxury to be safe. With a home care service, ask how often rates are reviewed and how much notice you get before a change.

For assisted living, search for these particular stipulations: whether the neighborhood needs approval for outside suppliers, any costs for third-party care coordination, and the move-out notice requirement in case of hospitalization. Ask how they deal with a momentary rehabilitation stay. I have actually seen households pay both the assisted living lease and an experienced nursing co-pay for weeks since they did not know to give notice.

## **The unusual case of "complimentary" family labor**

A child as soon as informed me, "We will do nights to conserve money." It worked for three months. He and his sister rotated nights with their mother who had mid-stage dementia. Both had full-time tasks. Both got sick in

January, the worst month of the year for colds and influenza. They wound up spending for firm overnight care, the pricey awake kind, and 2 last-minute airline tickets so an out-of-state sibling might cover a week. They conserved money on paper, then purchased it back in a panic.

## **When home care holds the edge**

In-home senior care shines in a few scenarios. An individual with moderate cognitive impairment who still enjoys the garden and understands the next-door neighbors might flourish at home with three to 5 brief gos to per week plus innovation supports. The social material of a veteran home does a great deal of work. A widow with strong church ties and a safe single-story home can use a home care service to fill useful spaces without giving up the life she has actually carved out.

Couples with unequal requirements frequently benefit from staying at home. One spouse may require daily assistance while the other is independent. Moving both into assisted living indicates paying for look after the person who does not require it yet. In-home care hours can align with the real need and bend as it alters. The cost curve stays closer to the ground.

Homes developed for aging with broad entrances, barrier-free showers, and excellent lighting keep costs in check. Early, modest adaptations pay off. The secret is to invest before falls start, not after. When you add a pathway light for \$80 and a grab bar for \$120, you are making a low-cost insurance coverage payment.

## **When assisted living is the much better choice**

Assisted living, with its structured day and on-site personnel, assists when isolation and bad nutrition are the primary threat elements. Individuals who stop cooking on their own frequently rebound with 3 ready meals and activity calendars that pull them out of their apartment or condo. The expense of one hospitalization for dehydration often surpasses a few months of rent difference.



If safety checks need to happen more than twice per night, assisted living or memory care can be cheaper than spending for awake over night care in the house. The community spreads out the expense of night personnel throughout many homeowners. In your home, you soak up 100 percent of that shift.

Another tipping point is caretaker recruitment. Rural households often can not construct a reputable bench of personal aides or fill holes with firm personnel. If the driving time is long and the schedule unforeseeable,

turnover stays high. A community fixes that with on-site staffing and foreseeable replacements.

## **A useful comparison, dollar for dollar**

It assists to look at a realistic situation. Envision your mother in her late 80s who requires aid with bathing twice a week, medication pointers, meals most days, and transportation to consultations. No roaming, however a worry of falling at night.

At home, you set up three early morning sees per week at four hours each for bathing, breakfast, and cleaning. You add two evening visits per week at 3 hours each for supper and a walk. That amounts to eighteen hours at, state, \$28 to \$35 per hour depending upon region, or \$2,016 to \$2,520 monthly, plus holiday premiums a couple of times a year. You invest \$1,000 in grab bars, a shower chair, and lighting. You or a next-door neighbor cover nights by phone, with a motion sensor in the hallway.

At assisted living, you pay a base rent of \$4,200 for a studio, with a care level fee of \$600 for medication management and bathing support 3 times each week. Your month-to-month total is \$4,800, with cable upgrades and beauty parlor gos to on top. The nights feel more secure, meals need no preparation, and transport to the physician on Tuesdays is included.

The home circumstance is cheaper by about \$2,000 per month, but just if the schedule holds and household covers the edges. The assisted living circumstance costs more but reduces the coordination work to near no. If night needs increase, the home care plan might turn to pricey over night protection, which might add \$3,000 to \$5,000 each month and eliminate the savings. If needs remain stable, staying home wins on cost and continuity.

## **Paying for it without tripping over rules**

Families often ask about Medicare. It does not spend for long-term custodial care, whether in the house or in assisted living. It covers knowledgeable care after a certifying hospital stay, home health for short-term scientific needs, and specific hospice services. For long-term aid, look at these paths.

Long-term care insurance. Many policies repay for home care and assisted living once the insured meets benefit triggers, usually assist required with 2 activities of daily living or cognitive impairment. Policies differ on day-to-day or regular monthly caps and elimination periods. Hidden cost: paying of pocket throughout the elimination duration and the paperwork to submit clean claims. An excellent senior caretaker company or assisted living billing office can help.

Veterans benefits. Aid and Presence can help eligible veterans or surviving partners with regular monthly quantities that offset costs of senior care. The application takes months. The surprise cost is timing. Start early.

Medicaid. When possessions and income certify, Medicaid can money home- and community-based services or assisted living in states that cover it. Hidden costs consist of waitlists for waiver programs and limited supplier networks. Planning with an elder law attorney can legally safeguard some assets and enhance the chances of getting assistance when needed.

Home equity. Credit lines or reverse home loans can money in-home care or assisted living for a time. The hidden expense is interest and the danger of drawing too much too quick. If the strategy is to sell your house later, budget plan for repairs and real estate agent fees. Cash flow bridges can be helpful however need guardrails.

Family arrangements. If an adult child relocations in and supplies daily care, put a caregiver contract in composing with a fair wage, specified jobs, and respite breaks. This turns "assisting" into a plan that can be

factored into Medicaid lookback rules and prevents family fights later on. The concealed cost of casual plans is resentment and tax trouble.

## **Red flags I have actually learned to capture early**

You can avoid lots of charges with a few habits. Treat this like any other major purchase: you would not purchase a vehicle without reading the trim list.

- Ask for two complete invoices from current homeowners (with names eliminated) and 2 client declarations from the home care firm. Real expenses expose real add-ons.
- Request the vacation calendar, minimum shift length, and cancellation policy in composing before you sign.
- Test the responsiveness of after-hours calls. Call the night line as soon as before you patronize. How quickly do they answer?
- During tours, ask personnel the number of citizens have actually had their care level increased in the past six months and why.
- For home care, satisfy the caregiver who will come on the first day, not simply the manager who does the assessment.

These steps take an afternoon and can save thousands and lots of sleep deprived nights.

## **A simple way to build your real budget**

You do not require an elegant tool. A yellow pad will do. Make two columns, one for home care, one for assisted living. Under each, list the base rate. Then add four layers: predictable add-ons, predictable supplies, possible occasion expenses, and your time.

For assisted living, predictable add-ons include care level charges, medication management, and upgraded web. Supplies might still exist, however frequently fewer. Occasion expenses consist of a 30-day notice overlap if rehab occurs. Your time drops, however you will still visit, supporter, and participate in care conferences.

Price each layer with ranges. If you can not get precise numbers, keep in mind the assumptions. Build your strategy at the greater end of each variety. If you come in under, you will not complain.

## **The human side of the ledger**

Numbers assist you guide, but they do not tell you where you wish to go. I have actually strolled through old kitchen areas where a partner taped recipe cards to the cupboard so his spouse might still bake muffins with a caretaker, since that odor informed her she was home. I have actually also seen a female who spent two years separated in the house blossom in assisted living when she found three bridge partners and a morning strolling group inside the building. Both stories bring expenses and cost savings you can not measure.

When you select between in-home care and assisted living, look for the shape of an excellent day. If you can buy more of those days with a home care service and a couple of wise modifications to your house, do it and revisit in 6 months. If you can buy them by moving into a place where meals, next-door neighbors, and safety checks come bundled, and you can manage it with sincere numbers, do that. The covert expenses will still exist, however you will have named them, planned for them, and prevented the land mines that take decisions away from you.

Clarity is not totally free. It is cheaper than confusion.

FootPrints Home Care is a Home Care Agency  
FootPrints Home Care provides In-Home Care Services  
FootPrints Home Care serves Seniors and Adults Requiring Assistance  
FootPrints Home Care offers Companionship Care  
FootPrints Home Care offers Personal Care Support  
FootPrints Home Care provides In-Home Alzheimer's and Dementia Care  
FootPrints Home Care focuses on Maintaining Client Independence at Home  
FootPrints Home Care employs Professional Caregivers  
FootPrints Home Care operates in Albuquerque, NM  
FootPrints Home Care prioritizes Customized Care Plans for Each Client  
FootPrints Home Care provides 24-Hour In-Home Support  
FootPrints Home Care assists with Activities of Daily Living (ADLs)  
FootPrints Home Care supports Medication Reminders and Monitoring  
FootPrints Home Care delivers Respite Care for Family Caregivers  
FootPrints Home Care ensures Safety and Comfort Within the Home  
FootPrints Home Care coordinates with Family Members and Healthcare Providers  
FootPrints Home Care offers Housekeeping and Homemaker Services  
FootPrints Home Care specializes in Non-Medical Care for Aging Adults  
FootPrints Home Care maintains Flexible Scheduling and Care Plan Options  
FootPrints Home Care is guided by Faith-Based Principles of Compassion and Service  
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FootPrints Home Care won Top Work Places 2023-2024  
FootPrints Home Care earned Best of Home Care 2025  
FootPrints Home Care won Best Places to Work 2019

## People Also Ask about FootPrints Home Care

### What services does FootPrints Home Care provide?

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FootPrints Home Care offers non-medical, in-home support for seniors and adults who wish to remain independent at home. Services include companionship, personal care, mobility assistance, housekeeping, meal preparation, respite care, dementia care, and help with activities of daily living (ADLs). Care plans are personalized to match each client's needs, preferences, and daily routines.

# How does FootPrints Home Care create personalized care plans?

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Each care plan begins with a free in-home assessment, where FootPrints Home Care evaluates the client's physical needs, home environment, routines, and family goals. From there, a customized plan is created covering daily tasks, safety considerations, caregiver scheduling, and long-term wellness needs. Plans are reviewed regularly and adjusted as care needs change.

## Are your caregivers trained and background-checked?

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Yes. All FootPrints Home Care caregivers undergo extensive background checks, reference verification, and professional screening before being hired. Caregivers are trained in senior support, dementia care techniques, communication, safety practices, and hands-on care. Ongoing training ensures that clients receive safe, compassionate, and professional support.

## Can FootPrints Home Care provide care for clients with Alzheimer's or dementia?

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Absolutely. FootPrints Home Care offers specialized Alzheimer's and dementia care designed to support cognitive changes, reduce anxiety, maintain routines, and create a safe home environment. Caregivers are trained in memory-care best practices, redirection techniques, communication strategies, and behavior support.

## What areas does FootPrints Home Care serve?

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FootPrints Home Care proudly serves Albuquerque New Mexico and surrounding communities, offering dependable, local in-home care to seniors and adults in need of extra daily support. If you're unsure whether your home is within the service area, FootPrints Home Care can confirm coverage and help arrange the right care solution.

## Where is FootPrints Home Care located?

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FootPrints Home Care is conveniently located at 4811 Hardware Dr NE d1, Albuquerque, NM 87109. You can easily find directions on [Google Maps](#) or call at [\(505\) 828-3918](tel:5058283918) 24-hours a day, Monday through Sunday

# How can I contact FootPrints Home Care?

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You can contact FootPrints Home Care by phone at: [\(505\) 828-3918](tel:5058283918), visit their website at <https://footprintshomecare.com>, or connect on social media via [Facebook](#), [Instagram](#) & [LinkedIn](#)

FootPrints Home Care is proud to be located in the Albuquerque, NM serving customers in all surrounding communities, including those living in Rio Rancho, Albuquerque, Los Lunas, Santa Fe, North Valley, South Valley, Paradise Hill and Los Ranchos de Albuquerque and other communities of [Bernalillo County New Mexico](#).