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EST. 2026
RIVERSIDE
CALIFORNIA

The CareVantage Gazette

Where Good Care and Good Business Meet

VOL. 1 · NO. 1 · NOVEMBER 2026 · RIVERSIDE, CALIFORNIA · PUBLISHED MONTHLY BY CAREVANTAGE SOLUTIONS

FROM THE EDITOR'S DESK

Ask Anne Is in Print

A monthly column answering caregiver questions in plain language, with the rule named and checked

By Anne Lizardo-Lamb, Licensed RCFE Administrator

Anne now writes a monthly column, Ask Anne, answering caregiver questions in plain language, with the rule named and checked. The first column is live on Riverside Patch and printed in full here. Send your questions to info@carevantage-solutions.com. Yours may be next month's column.

Ask Anne: Does a caregiver's TB test have to be renewed every year?

Dear Anne,

I help care for my father, and the agency told me the caregiver's TB test has to be renewed every year. My friend who works in a board and care home says she only took it once, when she was hired. Who is right?

From a daughter in Riverside

Dear Reader,

You are both right, and that is exactly why this question confuses so many families. California sets the floor, and the floor is different depending on where the caregiver works.

In a board and care home, the state rule asks for the test once. Title 22 requires a health screening when a person is hired, and that screening includes a chest X ray or a skin test for tuberculosis. It must be done within six months before the person starts, or within seven days after. The regulation does not ask for it again. If a home repeats it every year, that is the home's own policy, which an employer is free to set, but it is not the state asking.

Home care is different. A home care aide who works through an agency is covered by a state law that asks for a tuberculosis examination close to the start of employment, and then again at least every two years for as long as the results stay negative. So if your father's caregiver comes from a home care agency, a repeating test is the law doing its work, just on a two year cycle rather than every year.

Three things are worth remembering. First, a positive result changes everything, and follow up is medical, not paperwork. Second, an employer may always require more than the state minimum, and many do, out of caution. Third, the paper matters: the result belongs in the caregiver's file, where a licensing analyst or a family can see it was done.

Rules like this are not red tape for its own sake. They are how a family knows the person walking through the door has been checked with care.

MONEY AND CARE

Medicare's 2027 Numbers Are Out

CMS has released the official Medicare Parts A and B premiums and deductibles for 2027, and families planning for care should see them early. The standard Part B premium will be $209.40 a month in 2027, up $6.50 from $202.90 in 2026. The Part B deductible rises to $292, up $9. For Part A, the hospital deductible for each benefit period will be $1,776, up $40. Skilled nursing coinsurance for days 21 to 100 will be $222 a day, up $5. These are the numbers that shape what care costs next year, whether your loved one is at home, in a hospital, or in rehab.

Source: Centers for Medicare and Medicaid Services, 2027 Medicare Parts A and B Premiums and Deductibles, cms.gov.

SACRAMENTO WATCH

New State Guidance for Care Homes

California's Community Care Licensing Division has released PIN 26-08-ASC, its summary of the 2026 laws affecting adult and senior care facilities. SB 991 is the one operators should read closely: when a home is cited for a deficiency that amounts to abuse of a resident, the citation will be placed into one named category, from physical abuse to neglect, and the category will appear in public databases. That part does not begin until July 1, 2029, so there is time to prepare, and staff training on personal rights is what matters most. SB 1410 moves a deadline: facilities must report a change to their email address of record within 12 business days, starting January 1, 2027. AB 1983 concerns continuing care retirement communities only.

Source: California Department of Social Services, PIN 26-08-ASC, November 17, 2026.

FAITH AND STRENGTH

Sunday Inspiration

Some mornings, caregiving begins before the house is fully awake. A hand to hold. A prayer whispered over a cup of tea. A loved one who needs patience again, and love again.

God sees those quiet moments. He does not miss the care you give when no one else is watching. In Isaiah 40, we are reminded that those who wait on the Lord will renew their strength. That promise is for you today.

You do not have to carry this week in your own strength. Pause. Breathe. Let Him hold you, even as you hold the ones you love. Wishing you a peaceful Sunday, filled with His presence and His peace.

WEEKLY TIPS · HANDS ON

How to Use a Gait Belt the Right Way



A gait belt gives you something safe to hold while someone walks. Photo: CareVantage Solutions.

A gait belt is a simple tool, and it only works if you use it right. It is a sturdy belt with a buckle, worn around the waist, that gives you something safe to hold while someone walks. It is for balance and support. It is not a lifting device, and it is never a handle to yank someone up with.

Here is the right way. Check the belt first. No fraying, no cracked buckle. Put it around the waist, over clothing, snug enough that you can fit two fingers under it and no more. Stand close, on their weaker side, with one hand on the belt and the other hand supporting the arm or shoulder. Walk at their pace, not yours.

If they start to fall, pull the belt toward you and lower them gently to the floor. Do not try to hold them up. Your job is to slow the fall and protect the head. Never use the belt on bare skin, never leave it on when they are sitting or lying down, and never use it to pull someone up from a chair or a bed. Practice with a partner before you need it for real. Ten minutes of practice is the difference between a tool that helps and one that hurts.

THE NATION'S CAREGIVERS

Essential and Unseen: A New Report

A new national report came out this month, and its title says what so many caregivers feel: Essential and Unseen. The National Alliance for Caregiving and AARP studied the health of America's family caregivers, and the numbers are heavy. Caregivers report about 40 percent more days of poor mental health than the average adult. Nearly two out of three carry moderate to high emotional stress. Almost half carry moderate to high physical strain. Only 22 percent of caregivers who perform medical or nursing tasks have ever been trained for them. And while 39 percent say a break would help, only 13 percent have ever had one.

"You are essential, and you are not unseen here."

Source: National Alliance for Caregiving and AARP, Essential and Unseen, November 17, 2026.

BILINGUAL CAREGIVER CORNER

Care Words in Two Languages

From our new Bilingual Caregiver Corner, free on the website. Medicine, la medicina. Breakfast, el desayuno. Pain, el dolor. Walker, el andador. Appointment, la cita. Careful, con cuidado. Full one page glossaries in Spanish and Tagalog are free in the corner, with tip sheets beside them.

AROUND CAREVANTAGE

Free webinar, November 21: How to Become a Caregiver in California, 10:00 in the morning, online. On December 12: The 2027 Rules for California Caregivers. The CareVantage Weekly Tips newsletter launched on LinkedIn this month. Kind words from Taylor and Sher now stand on the website, and yours are welcome at info@carevantage-solutions.com.

The CareVantage Gazette is published monthly by CareVantage Solutions, Riverside, California. Consulting · Caregiver Training · The Caregiver Library. carevantage-solutions.com · info@carevantage-solutions.com · (951) 230-7482. Send questions for Ask Anne to the email above. This gazette is general information, not advice for a specific situation.