

LONG TERM CARE OPTIONS

CHOOSING YOUR LONG TERM CARE

TODAY'S LONG TERM CARE OPTIONS ARE VARIED...

When you can no longer live independently, you must consider your Long Term Care options. In the past, a nursing home was the only Long Term Care choice, but today there are new types of services available. Your primary options include:

- Adult Daycare;
- Assisted Living; or
- Skilled Nursing Facilities (i.e., Nursing Homes).

Some hospital systems and other large healthcare organizations have developed locations or campuses, called continuum-of-care facilities, that combine all three of these services. Alternatively, some retirement communities offer a range of living options across the continuum of care. You and your family need to understand your options when considering Long Term Care.

1. ADULT DAYCARE

Adult Daycare centers provide health, social-support, and recreational services to adults with life-limiting conditions for longer than four hours in a given day. You do not stay in the center overnight, but rather return home at the end of each day. If you can live at home under the minimal supervision of Informal Caregivers during the hours the center is closed, then you likely are a candidate for Adult Daycare services. Since Adult Daycare centers differ from one another, you must understand the range of services each center provides. These can include, among others:

- nutrition and social services;
- personal and hair care services;
- physical, occupational and speech therapy;



- therapeutic activities; and
- escorted trips to medical appointments, and more

2. ASSISTED LIVING

The definition, and even licensing requirements, of Assisted Living facilities differ from state to state. Nevertheless, the concept of Assisted Living generally is to provide a living option for people who cannot live by themselves, but who do not yet need twenty-four-hour care. If you live in an Assisted Living residence, you have your own room or apartment within a building, but have some or all of your meals with the other residents in a communal dining room.



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If you or your loved one is an appropriate client for Assisted Living, you must ask questions to determine the specific services provided, such as:

- Does the facility provide twenty-four hour supervision and security?
- Are minimal healthcare services available?
- How many meals per day are provided?
- Are transportation arrangements available?
- Are social, religious, exercise and educational activities available?
- Are housekeeping, maintenance and laundry services provided?
- What is the cost of the services provided?
- What are the discharge criteria, and can a discharge be appealed?
- Are personal pets allowed?
- Is Internet access available?

3. NURSING HOMES

Nursing Homes provide twenty-four-hour skilled health care and other services to those who have a life-limiting condition and need round-the-clock medical or nursing care. The question of whether an individual needs the services of a Nursing Home usually relates to his or her ability to function, especially the ability to perform activities of daily living such as eating, bathing and dressing.

If you or your loved one is an appropriate client for admission to a Nursing Home, you should ask if the Nursing Home under consideration provides the following services:

- Medically necessary services including dispensing of medications;
- Dietary services such as dietary supplements and medically prescribed foods including tube feeding and oral feeding;
- Nursing services—including an appropriate number and mix of professional and non-professional staff, and the Nursing Home's round-the-clock staffing levels, and social services;

- Routine personal hygiene and access to a hair stylist;
- Laundry and housekeeping services;
- Transportation to medical and dental appointments and/or therapy sessions;
- Activities within and outside the facility; and
- Patient security mechanisms like patient monitoring systems and door alarms.

