

# TIME FOR MORE SUPPORT?

A tool to help caregivers and individuals with dementia navigate choices about care needs.

**Increased Support at Home**



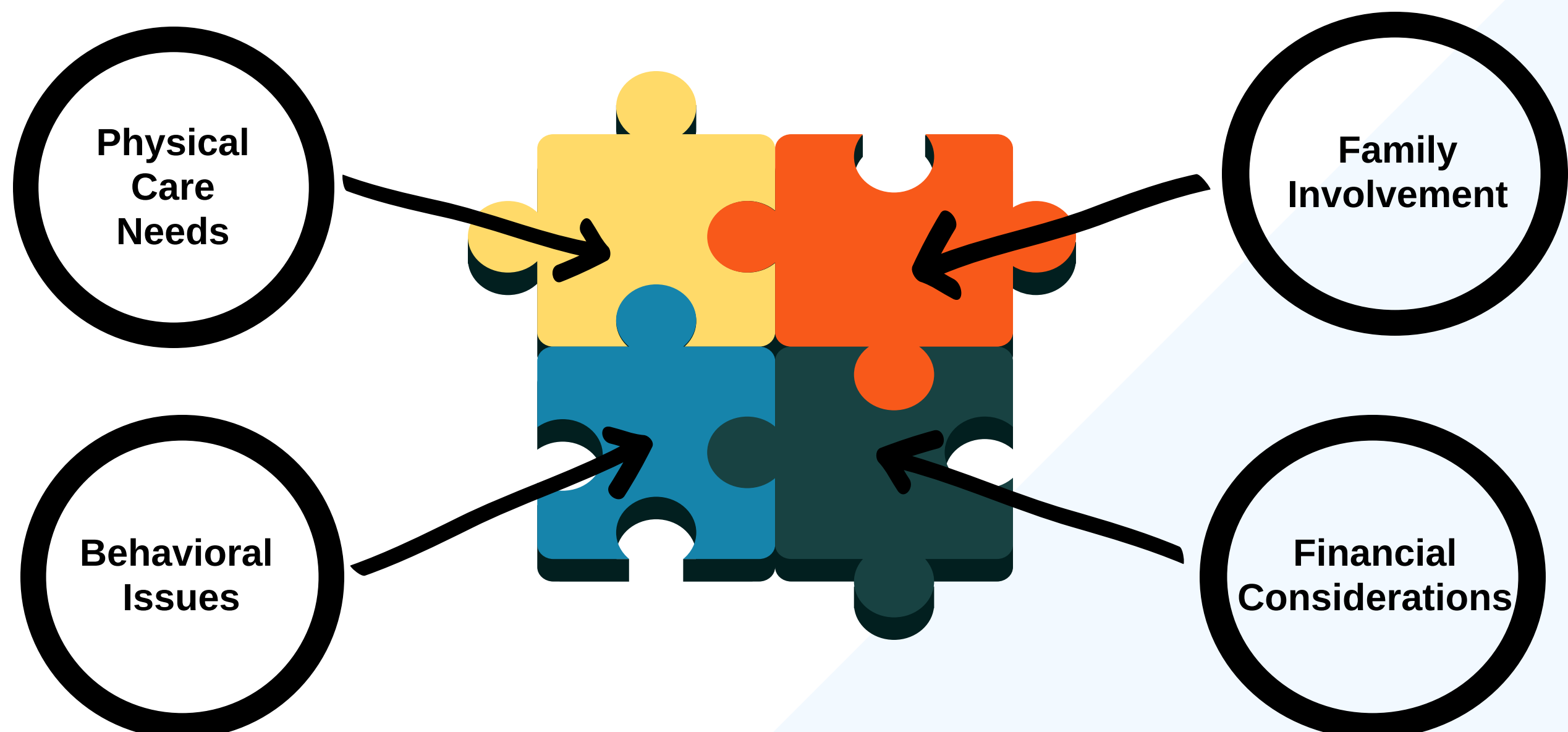
**Programs in the Community**



**Assisted Living or Memory Care**

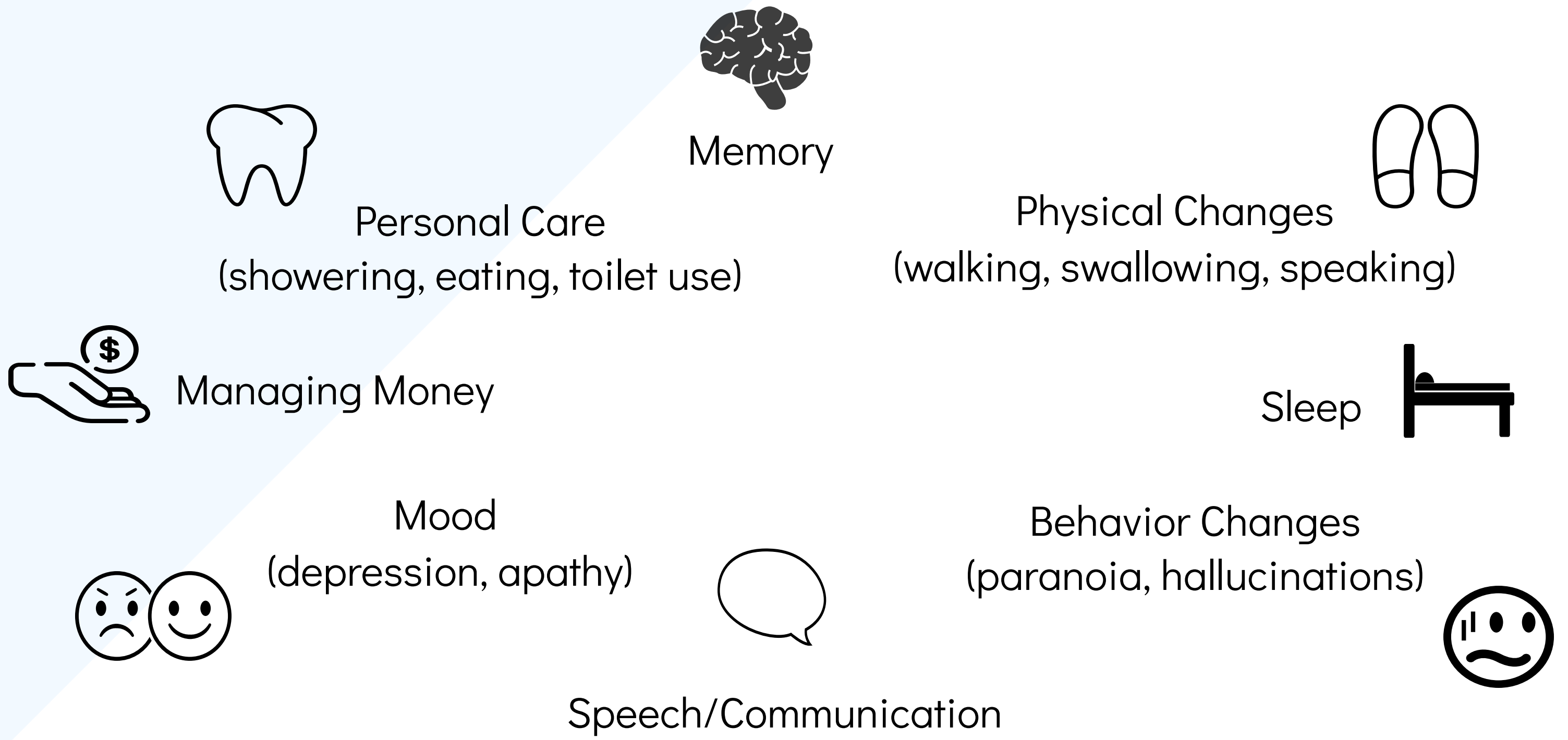


What factors are unique to you?

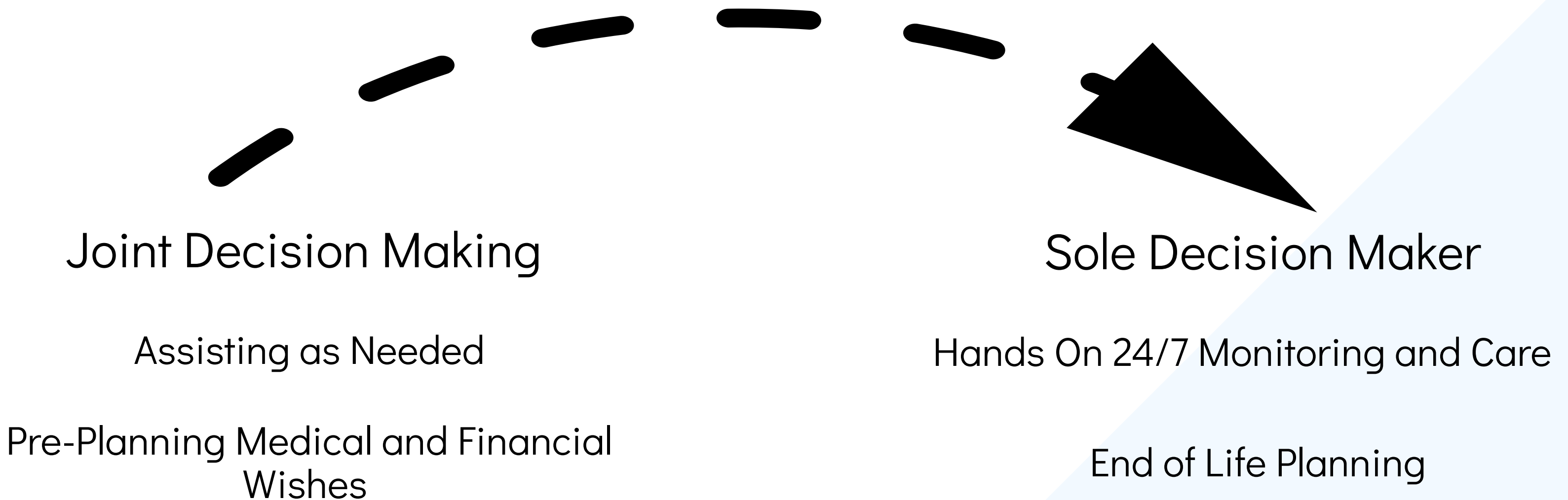


# POTENTIAL SIGNALS FOR A CHANGE

## Common Challenges for People with Dementia



## A Caregiver's Role Changes Over Time



### For more information:

- Alzheimer's Association 24/7 Helpline - 800-272-3900 or [Alz.org](http://Alz.org)
- Family Caregiver Alliance - 800.445.8106 or [Caregiving.org](http://Caregiving.org)
- Safety in Dementia - [Safetyindementia.org](http://Safetyindementia.org)

# OVERVIEW OF SUPPORTS

Caregivers and individuals with dementia often consider different options and questions as they anticipate changing needs.

Type of Care	Supports and Services	Cost of Services*	More Information
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## Increased Support in the Home

Home Care Agency or Privately Hired Individual

Housekeeping, Errands, Bathing, Grooming, Cooking.

Hourly Rate  
\$20-35/hr

- Your primary care provider/social worker may know of county resources for financial assistance
- Area Agency on Aging
- Care.com



## Programs in the Community

Opportunity for activity and engagement during the day in a safe environment.

Transportation may be available.

Adult Day: \$65 to \$90 per day  
Half-day options

- Adult Day Programs
- Programs for All-Inclusive Care for the Elderly (PACE) - eligibility and income based
- Area Agency on Aging



## Assisted Living or Memory Care

Social activities, central dining.

Personal care services. Secured Memory Units

Monthly base cost  
\$4500-\$7500

- Senior Blue Book
- Placement assistance agencies such as Senior Oasis
- Geriatric Case Managers/Social Work

**\*Medicaid, VA Insurance, and long-term care insurance may cover some of these costs. Ask your provider or social worker.**

# The Choice is Personal

The decision of how and where to support your loved one with dementia can be difficult. This is a personal choice.

## Martin chose help at home

Martin and his wife Leah just celebrated their 60th anniversary, one year after Martin was diagnosed with dementia. Last week Martin fell and couldn't work the phone while Leah was away. Now Leah no longer feels comfortable leaving him alone at home. Martin is adamant everything is fine but Leah knew it was time for a change. They decided to try an adult day program. After a little time for adjustment, Martin loves all the activities at the adult day center while Leah runs errands and goes to the office. And when Leah has book club in the evening, a private caregiver named Michelle comes over and they enjoy listening to George Jones' greatest hits.

## Julia chose assisted living

Julia has been living with her daughter Maria for the last two years. When Julia was diagnosed with dementia, Maria swore she would never move her mom into an assisted living residence. Lately, Julia has been waking the family up at night and has become aggressive during bathing. Maria has tried everything and hates feeling angry towards her mom. Ultimately, Maria decided that an assisted living was best for her mom's safety, her family's wellbeing, and her own emotional health. Now Maria visits her mom in the assisted living and feels like a daughter again.



# INCREASED SUPPORT IN THE HOME

## Is it time for more support at home?

Options:

- A Home Health agency can provide things like companionship, help with bathing, toileting, meals and cleaning. You can add a nurse for needs such as administering medications.
- A Live-in or Privately Paid Caregiver could be a way to have more help in the home. Search for options using personalized criteria on Care.com
- Family or friends may be willing to provide support in the home for free or low cost.

COORDINATING CARE AT HOME TAKES TIME.



1

### REASONS TO CHOOSE

- Need for someone to be present due to safety concerns
- Need a break from caregiving
- Need help with personal care needs such as bathing

2

### REASONS IT COULD BE DIFFICULT

- Reaching 24/7 coverage may be financially difficult.
- Keeping your loved one at home until end of life may require modifications to your home, such as installation of a lift.

3

### COST

- \$20-35/hr
- RN supplement \$40-80/hr
- Grant based programs may exist in your area. Long-term care insurance, VA and Medicaid benefits may be available.

4

### WHERE TO GET MORE INFORMATION?

- Your primary care provider/social worker may know of county resources for financial assistance/grants
- Area Agency on Aging
- Care.com

# ASSISTED LIVING OR MEMORY CARE

## Is it time for moving into an assisted living residence or nursing home with dementia care?

- An assisted living residence is a separate home that oversees resident needs. Most assisted living residences do not provide personal care needs and medical support but these services can be added as needed by professionals for an additional cost.
- A specialized dementia care, or memory unit, is an area within a care community or nursing home that provides personal care needs and is often secured to prevent wandering.
- Family and friends are free to visit or go on outings together.



### 1

#### REASONS TO CHOOSE

- The physical or emotional demand of caregiving has increased to a level that is no longer manageable long term
- A different environment may be safer or more socially engaging

### 2

#### REASONS IT COULD BE DIFFICULT

- Higher cost incl. additional costs of any add on services needed
- Emotionally difficult to move
- Some situations may still require additional help from outside caregivers even within a facility

### 3

#### COST

- Monthly rate of ~\$4500-\$7500/mo
- May be available through Medicaid or a long-term care insurance policy.

### 4

#### WHERE TO GET MORE INFORMATION?

- Senior Blue Book
- Placement assistance agencies such as Care Patrol or Senior Oasis
- Social Worker
- Geriatric Case Mangers

# PROGRAMS IN THE COMMUNITY

## Is it time to try a safe and supportive daytime community program?

Options:

- Adult Day Centers provide daytime activities for the individual in a safe environment and respite for the caregiver.
- Senior Centers often have engaging activities and programs
- Programs for the All-Inclusive Care for the Elderly (PACE) help care for whole person including medical and social needs



1

### REASONS TO CHOOSE

- No longer safe to be home alone
- Need a break from caregiving
- Desire for more social engagement during the day

2

### REASONS IT COULD BE DIFFICULT

- High maintenance behaviors are not tolerated and may be cause for non-admittance or dismissal
- Transportation to and from location of community program

3

### COST

- Adult Day: \$65 to \$90 per day
- Half-day options
- PACE: Based on eligibility and income. Often through Medicaid or VA insurance.

4

### WHERE TO GET MORE INFORMATION?

- Senior Blue Book
- Social Worker
- Area Agency on Aging

# QUESTIONS & PLANS

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## NEXT STEPS

Now

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Soon

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Later

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