

# CHECKLIST

## CARE OPTION CHOICE CONSIDERATIONS

### *Consider These Things When Answering Your Basic Questions:*

#### **DISCUSS THE ALTERNATIVES WITH FAMILY AND FRIENDS.**

- care by friends or family
- home care or home health care agencies
- shared living
- independent apartment with services such as meals
- assisted living
- nursing facility care

#### **TALKING WITH YOUR DOCTOR CAN HELP YOU DETERMINE IF THE OPTION BEING CONSIDERED WILL BEST MEET YOUR HEALTH NEEDS.**

- There are locations that have special care services for people with dementia from Alzheimer's disease and other illnesses.

#### **THINK ABOUT HOW YOU WOULD HANDLE POSSIBLE CRISES.**

- Who would you want to make decisions for you if you become incapacitated?
- Have you designated someone to be your power of attorney?
- Do you want to complete a living will or other advance directives about your medical care (Health Care Power of Attorney)?

#### **CONSIDER YOUR FINANCIAL RESOURCES**

- What resources are available to you - pension, savings, long-term care insurance, Medicare, Medicaid, Social Security, etc.?
- What type of care (if any) is covered by your insurance?
- How will the monthly fees and any deposits be covered?

#### **INVESTIGATE THE OPTIONS YOU CHOOSE**

- Use on-line resources such as the Center for

Medicare and Medicaid services to see up to date information about home care, home health and nursing homes. [www.cms.gov](http://www.cms.gov)

- Ask the assisted living for their most current corrective action reports, or their deficiency statements.
- Visit the facilities you are interested in as often as needed to get a clear picture of what care, treatment and services are being offered.
- Talk with present residents and their families about what life is like within the community or facility.

#### **READ THE CONTRACT CAREFULLY. ASK A TRUSTED FRIEND TO REVIEW IT WITH YOU. YOU MAY ALSO WANT TO DISCUSS THE CONTRACT WITH AN ATTORNEY.**

- Request a copy of the contract prior to admission to review the language and prepare questions.
- Keep a copy of the signed contract on hand.
- Regulated facilities are obligated to make sure that residents and their representatives understand the contract, the programs available to cover the services, and the limits of these programs.

#### **EVALUATING YOUR SITUATION**

Considering a move to a new location doesn't have to be overwhelming. Several options for home-based care have been discussed. If a move becomes necessary, the charts on the next two pages offer some detail in helping you answer the following questions.

- What is important to you in housing?
- Do you need or anticipate needing help from someone else for activities of daily living?
- What percentage of your current income do you spend on housing?

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