

# Care Options and Taking Care of Yourself

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# Navigating Care Options

- ✓ Availability
- ✓ Cost
- ✓ Fit



Finding what's best for you

# Avoid challenges



- Plan ahead
- Do your homework
- Be sure appropriate for younger adults
- Make a visit
- Talk with other families
- Ask the right questions

# Community Care Options

- In home care
- Adult day centers
- *Overnight services*



# In Home Care

- Companion
- Homemaker
- Personal care
- Skilled care



# Asking the Right Questions

- Do you have experience working with someone with dementia?
- Are you trained in dementia care?
- Are you with an agency? (If important to you)
- Are you bonded?
- Are you able to provide references?
- Are you available at the times needed?
- Are you able to provide back-up, if sick?
- Are you able to manage our specific health and behavioral care needs?

# Adult Day Centers

- Activities
- Personal care
- Health services
- Nutrition
- Counseling
- Therapy
- Special needs



# Asking the Right Questions

- What are the hours, fees and services?
- What types of programs are offered?
- Are people with dementia separated from other participants or included in general activities?
- Will the center evaluate the person's needs? How? How often?
- Is staff trained in dementia issues?
- What types of health care professionals are on staff? How do you screen them?
- How are emergency situations handled?
- How do you ensure the safety of the participants?
- Is transportation available?



# Residential Care Options

- Retirement housing
- Assisted living
- Nursing homes
- Special care units
- Continuing care retirement communities



# Choosing the Right Place

- Plan on visiting several care facilities
- Take a look around and talk with the staff, as well as residents and families
- Ask to see the latest survey/inspection report
- Visit the facilities at different times of the day, including meal times
- Ask the care facility about room availability, cost and participation in Medicare/Medicaid

# Asking the Right Questions

## Family Involvement

- Families are encouraged to participate in care planning
- Families are informed of changes in resident's condition and care needs

## Staffing

- Staff recognize persons with dementia as unique individuals, and care is personalized to meet specific needs, abilities and interests
- Staff is trained in dementia care

## Programs and Services

- Planned activities take place (ask to see activity schedule)
- Activities are available on the weekends or during evenings
- Activities are designed to meet needs, interests and abilities

## Residents

- Personal care is done with respect and dignity
- Residents are comfortable, relaxed and involved in activities
- Residents are well-groomed, clean and dressed appropriately

# Asking the Right Questions

## Environment

- Indoor space allows for freedom of movement and promotes independence
- Indoor and outdoor areas are safe and secure
- Designated family visiting area
- Residents are allowed to bring familiar items with them

## Meals

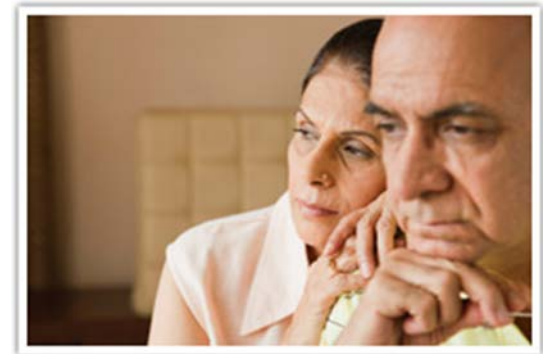
- Regular meal and snack times
- Food is appetizing (ask to see the weekly menu/eat a meal)
- The dining environment is pleasant
- Family and friends are able to join at mealtime

## Policies and Procedures

- Family and friends able to participate in care
- Visiting hours work for the family
- Discharge policy has been discussed

# Making the Decision

- Plan ahead—avoid time of crisis
- Include person with dementia
- Include key family members/friends
- Autonomy vs. safety
- Right time for you
- Not easy



# Asking Tough Questions

- Is the person with dementia becoming unsafe at home?
- Is the health of the person with dementia or my health as a caregiver at risk?
- Are the person's care needs beyond my physical abilities?
- Am I becoming a stressed, irritable and impatient caregiver?
- Am I neglecting work responsibilities, my family and myself?
- Would the structure and social interaction at a care facility benefit the person with dementia?

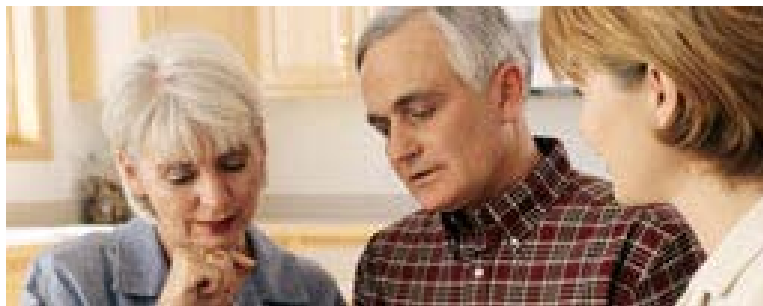
# Overcoming Concerns

- ✓ Cost
- ✓ Reliability
- ✓ Guilt



# Educating Yourself and Finding Support

- Information
- Education
- Support groups
- Formal/informal
- Online/in person





# Persons with Dementia: Taking Care of Yourself

- Living life after diagnosis
- Thinking about what defines you
- Staying healthy
- Being in the moment
- Considering what matters most



# Caregivers: Taking Care of Yourself

1. Find time for yourself
2. Know what community resources are available
3. Become an educated caregiver
4. Get help and find support
5. Take care of yourself



# Caregivers: Taking Care of Yourself

6. Manage your level of stress
7. Accept changes as they occur
8. Make legal and financial plans
9. Know you're doing your best
10. Visit your doctor regularly



# Questions?

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## Alzheimer's Association

We're here. All day, every day.

**24/7 Helpline: 800.272.3900**

**alz.org<sup>®</sup>**

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