

Institute for Disability Studies
ShareCare Notes: Making the Move
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1. Understanding the Options

One of the most stressful events in any caregiver's life is planning for their loved one's future. This can include decisions about whether or not to have your loved one move in with you, move them to a retirement community, or even a nursing home. This transition can be made easier if you encourage your loved one to begin making plans for him- or herself. But when looking at making this kind of move there are several guides out there to help understand the options. The National Family Caregiver Support Program of the Administration on Aging, provides a good explanation of guidelines for choosing housing options. This site gives the definitions such as whether you need to look for facilities which are accredited or licensed as well as breaking down each type of housing and living arrangement from retirement communities and continuing care communities to accessory apartments, senior group homes, and nursing homes. To check out this information go to:

http://www.aoa.gov/prof/aoaprogram/caregiver/carefam/taking_care_of_others/wecare/housing-options.asp

Another good resource can be found at:

http://www.niapublications.org/agepages/PDFs/Long-Term_Care-Choosing_The_Right_Place.pdf

2. In-Home Care

Nursing homes and assisted living communities are not the only options available. Home care options are available as well as community-based services such as adult day care and day hospitals. Another program which some people may qualify for is the "Program of All-inclusive Care for the Elderly." This program "pools funds from Medicare and Medicaid (in participating states) to provide acute and long-term care to frail older people." This coverage can include acute, rehabilitative, home and institutional care. To find out more about these options visit The AGS Foundation for Health in Aging website at:

http://www.healthinaging.org/agingintheknow/chapters_print_ch_trial.asp?ch=14

For information from Medicare on the PACE program as well as other alternatives to nursing home care visit

<http://www.medicare.gov/nursing/alternatives.asp?>

3. Moving in Together

Having your loved one move in with you is another option. But taking this step will require lots of preparation. The Family Caregiver Alliance says that this preparation needs to begin with a discussion with your loved one about topics such as “changes in lifestyle, finances and the physical setting of the new home.” Your loved one’s level of independence must also be taken into account as well as various living arrangements which come with this independence. If your loved one is able to take care of him or herself except for doing their own shopping or housecleaning, a nearby apartment or house might be appropriate. If your family decides to have your loved one move in, there will be changes in your everyday life that must be considered such as a change in family roles and lifestyle changes (such as having a smoker move in or someone who is allergic to smoke). Your family will also have to readjust schedules and be prepared to lose personal time and sleep. Consider if your living arrangements are adequate and if the layout is adaptable for an older adult or a person with a disability. Financial arrangements will also have to be considered. To learn more visit the Family Caregiver Alliance National Center on Caregiving website at:

http://www.caregiver.org/caregiver/jsp/print_friendly.jsp?nodeid=849

Some help can be found if you do decide to have your loved one move in. The Eldercare Locator can help you find services in your area such as personal and in-home care, home health care, transportation, meals programs, senior centers, and respite services including adult day care. To find out more about the Eldercare Locator and these programs visit:

http://www.aoa.gov/prof/aoaprogram/caregiver/carefam/taking_care_of_others/wecare/what-services.asp

4. Check-lists and Glossaries

Other options are available in the form of a glossary of terms or questions to ask when visiting a nursing home or assisted living facility. For some good references, visit the following sites:

<http://longtermcareliving.com/glossary>

<http://longtermcareliving.com/assess/nursing/nursing4.cfm>

<http://www.medicare.gov/nursing/checklist.pdf>

5. Upcoming Events