

Choosing Care For Your Loved One



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Many seniors need support and care as they age. Support may be short-term rehabilitation after illness, injury, or surgery, or long-term, as they experience debilitating declines, either physically or mentally. The following is a list of key considerations and resources to help determine what is best for your loved one.



Key Considerations

As you think through the following key considerations, it will help you determine what type of facility or home care help will be best for you and your loved one.

- o **Preference** – Is your loved one ready to make a major move into a facility? Would they rather enjoy the community activity of being in a facility or would they prefer to remain at home and try to preserve their independence and the familiarity of home?
- o **Care Needs** – Most care needs that can be provided in a facility can be provided at home. Bathing, meals, medication management, therapy exercises can all be successfully and enjoyably provided at home. Most individuals requiring two person transfers do need to be in a facility although the use of lifts can facilitate independence at home, even for those unable to transfer without a great deal of support.
- o **Rehab vs maintenance** – Many times a sub-acute rehab facility is the best choice for someone immediately after surgery or an injury. Here, intensive physical, occupational or speech therapy are scheduled providing the person with the best chance to heal well and

avoid re-hospitalization. As progress plateaus or if the individual isn't a good candidate for intensive therapy, then at home therapy may be equally beneficial.

- o **Special Needs** – Be aware that if the senior has specific, special needs, then these must be considered in choosing either a facility or a home care agency. Examples may include significant dementia with either acting-out behavior or wandering tendencies. Don't try to protect your loved one by withholding this information from the facility or home care agency. The better picture they have of the need, the better equipped they will be to care for your loved one well.



“There’s no place like home. A new AARP survey of adults shows that 3 out of 4 adults age 50 and older want to stay in their home and communities as they age.”

AARP 2018 Home and Community Preferences: A National Survey of Adults

Resources to Consider

As you're helping your loved one build a plan for their future care and well-being, the following professionals can be a helpful part of your advocacy team. If you would like specific referrals or suggestions, call 616-575-8519 and someone will be able to assist you

- o Elder law attorney
- o Financial advisor
- o Local Area on Aging
- o Placement agency
- o Senior moving specialists
- o Senior home repair contractor
- o Accountable Care Organization
- o Visiting Physician
- o Home Care Provider
- o Hospice/Palliative Care Provider

Care Provider Evaluation Form

Use the following chart to compare information as you research your care provider options:

Question	Homecare/Facility #1	Homecare/Facility #2	Homecare/Facility #3
Check Google and Facebook Reviews			
How long has current leadership been there?			
Are your employees covered by insurance?			
How do you train your caregivers?			
Do you write a personalized plan of care for each client?			
How do you ensure coverage for my loved one if someone gets sick?			
Can I speak to someone responsible outside normal business hours?			
What is the process to move out or discontinue services? How long am I locked into this?			
How will I be kept informed of my loved one's care?			