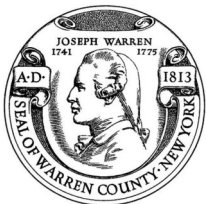


SELECTING APPROPRIATE CARE

There is a lot to consider when choosing the correct care for your loved one. With so many care options, it can be hard to know if you're making the right decision. This pamphlet will explore the differences between home care, assisted living and skilled nursing facilities, as well as how to determine which care is best for your loved one.

To discover more resources available in Warren County, please contact the Warren County Office for the Aging (OFA). OFA provides information and assistance in accessing available services in Warren and Hamilton Counties. Services provided include information and referral, case management, and guiding the elderly to needed services, as well as assisting them with applications for benefits.



Helpline resources for concerns and comments:



LTC Ombudsman Helpline: 1-855-582-6769

Catholic Charities of Schenectady: 518-372-5667

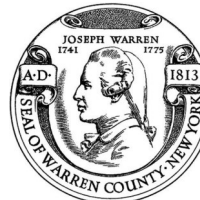


Nursing Home Complaint Helpline: 1-888-201-4563



U.S. Department of Justice

Civil Rights Division: (202) 514-6255



Warren County Adult Protective Services: 518-761-6326

Warren County Office for the Aging: 518-761-6347

Warren County Health Services: 518-761-6580

NY Connects: 1-866-805-3931

Quality Senior Care
Warren County

CAREGIVER'S GUIDE TO SELECTING THE RIGHT RESOURCES FOR A LOVED ONE



FEEL CONFIDENT IN YOUR CARE
SELECTION FOR A LOVED ONE

Distributed by the Warren County Senior Care Coalition

CHOOSING CARE

UNDERSTANDING THE TERMINOLOGY INVOLVED IN LONG TERM CARE IS HALF THE BATTLE. HERE YOU CAN COMPARE BETWEEN SKILLED NURSING FACILITIES, ASSISTED LIVING AND HOME CARE.

SKILLED NURSING FACILITIES



Skilled Nursing Facilities (SNF), also known as nursing homes, serve as healthcare residencies for individuals with care needs beyond the capabilities of assisted living. SNF's staffing consists of RNs, LPNs and Cer-

tified Nursing aids (CNAs) available for 24 hour care and medical attention. Skilled Nursing Facilities can serve as both short term and long term care. They can be used for brief rehabilitation prior to your loved one being admitted back home with care or to assisted living. They can also serve as extended stay care for medical conditions that require around the clock care.

ASSISTED LIVING FACILITIES

Assisted Living Facilities offer a housing alternative for older adults who may need help bathing, eating or dressing but do not need the extensive medical care that a nursing home offers. They also can help with other household chores that an individual may no longer be capable of doing such as washing and folding clothes. Frequently they also have recreational opportunities to make sure your loved one is remaining active in their care. Assisted Living is



primarily for patients still wishing to maintain a mostly independent style of living. Assisted Living can be viewed as the step between Adult Homes and Skilled Nursing Facilities. Meaning, your loved one requires more personal, 24 hour supervision, but do not require continual nursing or medical care.

ADULT HOMES

Adult Homes, or Adult Care Facilities are for elderly or non elderly patients with disabilities who require less staff dependency than Assisted Living. Adult Homes do not offer nursing services or help with ambulation. Adult Homes keep patients in a familiar environment with a finite amount of tenants so that more personal care can be provided.

HOME NURSING CARE

Home Nursing Care, frequently shortened to Home Care, is a healthcare option for your loved one coming right to their home. Generally speaking, most home care patients are homebound with the goal being to allow a patient to live at home as long as possible while receiving necessary medical services. Many Home Care agencies can offer beyond Skilled Nursing, such as, Physical, Occupational and Speech Therapies, Home Health Aides, Nutrition, Wound Care and more.



CHOOSING THE RIGHT CARE

The most important aspect to look at when choosing your loved ones care is what their needs, as well as yours are in the situation. Many times services such as Home Nursing Care still rely heavily on family members not only for care but also to be the eyes and ears when the service is not in the home. As a caregiver, you can only care for your loved one within your own means. For example, if you are overwhelmed with care inside the home and providing transportation to doctors appointments, than Home Care may not be the correct option.

HOW TO FIND SERVICES

Finding services in your area at times may seem difficult, but agencies such as Office's for the Aging, NY Connects can help point you in the right direction. Other way's to find services near you is word of mouth. Ask friends, families and healthcare providers for services they know of or have used for loved ones. A physician will also be able to help you understand the extent of services your loved one may need. If your loved one is in the hospital, before discharge ask the social worker or nursing staff for recommendations as well.

WHAT QUESTIONS TO ASK

General Questions to ask once you've decided on care include:

- ⇒ (FOR HOME CARE) How often will your loved one receive care a week? What should you do on the weekend or after hours? When do you call 9-1-1 if home care isn't available or returning a call?
- ⇒ (FOR ASSISTED LIVING) Is transportation to medical visits provided for your loved one? How are dietary needs met? What services do they help with (ie. Bathing, laundry, therapies)?
- ⇒ (FOR SKILLED NURSING FACILITIES) Can your loved one continue to see their personal doctor, if they don't come to the nursing home, can transportation be provided? How frequently does day to day staff change? Can you see a cafeteria menu, activities?
- ⇒ (FOR ALL) Will our insurance cover any or all of this service? How much out of pocket can be expected? Are there recreation activities daily for your loved one? Visiting policies, privacy policies, etc.

