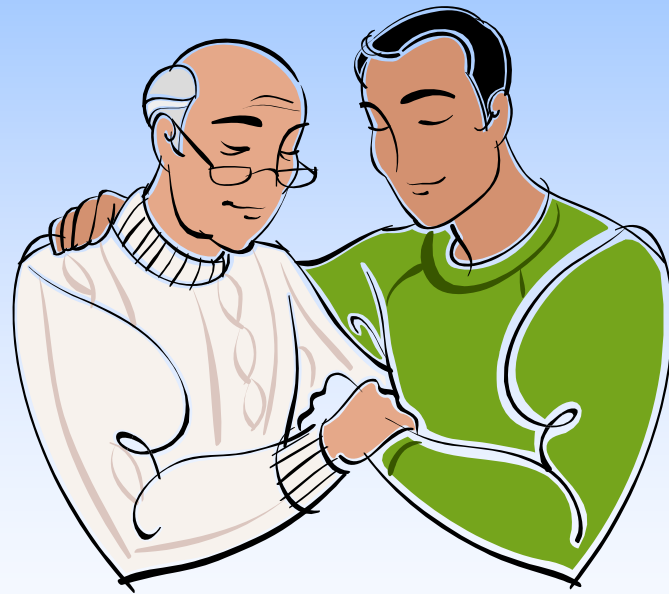


Living Arrangements for Older Family Members



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Objectives

- Consider the supportive role that you play.
- Raise awareness of the feelings and challenges you may experience as a caregiver.
- Learn how to identify your older relative's needs.
- Evaluate the various types of care options.
- Obtain local and national resources.

Background

According to the U.S.Census Bureau in 2000....

- 4.5% of the entire population over 65 years of age lived in nursing homes compared to 5.1% in 1990
- 18.2% of the entire population over 85 years of age lived in nursing homes compared to 24.5% in 1990

Family Caregiving

- **Caregiving is no longer predominantly a women's issue. Men now make up 44% of the caregiving population.** *Source: National Family Caregivers Association (NFCA), 2000*
- **Caregivers providing care for a family member over the age of 50 routinely underestimate the length of time they will spend as caregivers - only 46% expected to be caregivers longer than two years. In fact the average length of time spent on caregiving was about eight years, with approximately one third of respondents providing care for 10 years or more.** *Source: MetLife, 1999.*
- **Most women will spend 17 years caring for children and 18 years helping an elderly parent.** *Source: Business and Professional Women's Foundation*
- **The value of the services family caregivers provide for "free" is estimated to be \$257 billion a year. That is twice as much as is actually spent on homecare and nursing home services.** *Source: Peter S. Arno, 2002.*
- **Both male and female children of aging parents make changes at work in order to accommodate caregiving responsibilities. Both have modified their schedules (men 54%, women 56%). Both have come in late and/or leave early (men 78%, women 84%) and both have altered their work-related travel (men 38%, women 27%).** *Source: MetLife Mature Market Institute, June 2003*

Nerve Wracking Decisions

- Guilt that you're not doing enough
- Worry about doing the right thing
- Anxiety about assessing needs
- Stress of not having enough info
- Shameful because you never thought you would have someone else care for your loved one

No “Typical” Profile of Elders’ Needs and Preferences

- Activity level
- Temperament
- ADL ability
- Medical needs
- Culture / Ethnicity
- Finances
- Family support



Activities of Daily Living (ADLs)

ADLs

- Ambulation
- Transfer
- Mobility
- Toileting
- Bathing
- Dressing
- Grooming

Instrumental ADLs

- Communication
- Transportation
- Shopping
- Cooking
- Housecleaning
- Finances
- Medication
- Leisure

Plan, Plan, Plan!

- Be prepared for what might come
- Medical care, HOUSING, finances and personal concerns
- Identify parents' preferences
- Gather information, get crucial docs
- Plan in hand = Peace of mind
- Stay positive and be encouraging

Types of Care Options

- Home Services
- Independent Living
- Assisted Living
- Nursing Homes
- CCRC



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Home Care & Services

- Home health aides provide custodial care
- Nurses provide medical care
- Physical, occupational, and speech therapists provide specialized medical care
- Costs range from \$12/hr. for custodial care to \$100/hr. for more skilled, medical care

Reasons to Relocate

- The neighborhood has deteriorated and safety is a concern.
- To be near children (70% of those 65+ live within 1 hour of a child).
- To match home's facilities to senior's faculties.
- Avoid stairs in a home.
- Home is too large or costly to maintain.
- Home may not meet present needs, physical or otherwise.
- Assets are tied up in the home and cash is needed.
- Don't drive and available transportation is not adequate.
- Retired and looking for new lifestyle.

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Housing Options At-A-Glance

Independent Living	No custodial or medical care	\$400 - \$3,000/month
Assisted Living Facilities	Provide supervision w/ very limited medical services	\$2,000 - \$6,500/month
Board and Care Home	Smaller assisted living home	\$800 - \$4,000/month

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Housing Options At-A-Glance

Congregate Housing	Overlaps several types of residential care w/in senior apts.	\$1,200 – over \$4,000/month
Continuing Care Retirement Community	Provides continuum of care options	Sometimes requires buy-in or entry fee. Varies with level of care

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Need for Assisted Living

- Needing help preparing meals, bathing, dressing, toileting, or taking medication -needing assistance with housekeeping chores or laundry
- Requiring some health care assistance or monitoring
- Needing transportation to doctors, shopping, and personal business
- Feeling frequently confused or experiencing memory problems

Assisted Living

- Does the residence have a home-like atmosphere?
- Does the residence appear small in size and not feel overwhelming?
- Does the residence offer personalized health care services?
- Does the staff encourage performing tasks yourself with assistance?
- Do units have a full bathroom and kitchenette?
- Is there an emergency call system?
- Are friends and family close enough to visit and are they encouraged to do so?

Nursing Home Option

- Level of care
- Ownership
- Certification/License
- Quality measures
- Special care needs
- Application procedure
- Who pays

Main Factors to Consider

- Cost
- Privacy
- Independence
- Medical care
- Custodial care
- Care for special needs

Summary

- Learn your loved one's preferences
- Plan ahead and be organized
- Balance needs and resources
- Be well informed about your options
- Find peace in your decision making



Resources

- National Institute on Aging (NIA)
- FirstGov for Seniors
- U.S. Administration on Aging
- NIH Work/Life Center Resource & Referral service
 - 800-777-1720

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