

Beginning Choosing a Good Nursing Home

- Involve your loved one in the decision-making process. This will help to build acceptance of this major change in their life and trust in you as a caregiver.
- Make a list of nursing homes close to family and friends who can visit often and can oversee your loved one's care.
- If you are concerned about cost. Consider nursing homes that are certified for Medicare and Medicaid. Medicare does not pay for long nursing home stays.

When you visit nursing homes, look for these signs of good care:

- Dignity staff treating all residents with respect.
- Activity, residents participating in a variety of activities where they are physically active.
- Good food. Well-balanced, varied, good tasting meals served in pleasant surroundings.
- Homelike surroundings. Special signs that this is not a place to die but to live. Community activities coming into the nursing home. Organized trips to community events.

Care



Dignity

Resources

Employee Assistance Program (EAP)

<http://www.usda.gov/da/shmd/eapl.htm>

If you need assistance with elder care issues contact your local EAP counselor. This is a free, confidential service. Help is available 24 hrs a day by calling 1-800-222-0364

Elder Care Locator

<http://www.eldercare.gov>

Is a nationwide directory assistance services designed to help older person and caregiver locate local support resources for aging Americans. If you need information regarding resources or referral agencies in your area call:

1-800-677-1116

M-F, 9:00 a.m.-8:00 p.m. EST

The Elder Web

<http://www.eldercare.com>

The Elder Web is a comprehensive research site for both professionals and family members looking for information on elder care and long-term care. This website includes links to legal, financial, medical and housing issues.

Ombudsman Office

<http://www.ltombudsman.org>

This site provides information to the public and advocate information for residents' right and quality care, also educate consumers and providers. To find the ombudsman nearest you contact your state ombudsman office.

State Menu-Websites on Aging

<http://www.aoa.gov>

Administration on Aging website on aging State and Area agencies on Aging

AARP National Organization

<http://www.AARP.org>

This site is from the American Association of Retired Persons. AARP is a great resource for member benefits, legislative issues, life transitions, independent living, computers and the internet, and even fun and leisure.

Care Planner

<http://www1.careplanner.org>

A decision support tool for senior, caregivers, family, friends, and professionals.

Senior Law

<http://www.seniorlaw.com>

This is a site to access information about Elder law, Medicare, Medicaid, estate planning, trusts and the rights of the elderly and disabled.

Respect



National Council on the Aging

<http://www.ncoa.org>

NCOA is a complex organization that addresses many aging, depression employment, family care, health care, hearing impairment, housing, long-term care, pain personal finance, religion and spirituality, substance abuse, and sexuality.

Social Security Office

<http://www.ssa.gov>

The Social Security Office Locator is available EST: M-F, all day (except 2:00 a.m. until 3:00 a.m.) Sat. 8:00 a.m-11:00 p.m., Sun. 8:00 a.m. - 8:00 p.m.

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Elder Care

Services and referrals

