

# **DUKE DEMENTIA FAMILY SUPPORT PROGRAM**

## **Caregiver Connections**

**An Educational Webinar Series With The Experts**

**The presentation will begin shortly.  
Thank you for your patience!**

**[dukefamilysupport.org](https://dukefamilysupport.org)**

**919-660-7510**

# Understanding Options When It's Time to Leave Home



Liisa Ogburn  
WRAL Aging Well  
Aging Advisors NC



Can't we talk  
about something  
more PLEASANT?



I know what you want. I know  
what Daddy wants. I know what  
my sister wants. But I know  
what I want, and I want to

STAY RIGHT WHERE I AM.

IS THAT CLEAR??



Getting lost in  
overwhelm







# Story of My Family



Mummi & Ukki



Grandmother & Granddaddy



# Some Stats

- **70%** of people 65+ will need some form of long term care
- The average amount of time for some help: **8 years**
- Significant help with 2+ ADLs:  
Women need **3.7 years**  
Men need **2.2 years**
- Average length of stay in a memory care unit: **2-3 years**

# The Journey



Home

Home

Tools

Home help  
or Day  
program

Residential  
care





# Pilgrimage or Death Sentence?

Posted December 12, 2018

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Empower  
yourself  
with  
information

# Tools for deficits





# The Journey



Home

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care

# Bringing Care into the Home

- What can agency care versus private care offer?
- Costs
- Be strategic about hours
- Tap friends, family, neighbors, church for help



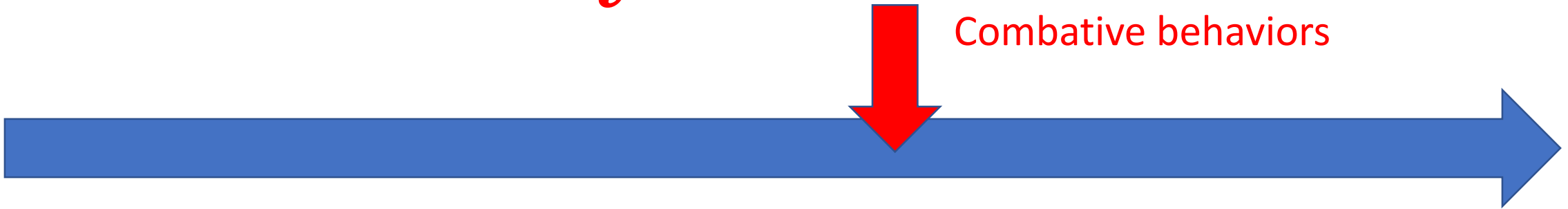


# Adult Day Programs



- Ruth Sheets Center at Edenton
- Sarah Care at Lake Boone
- Millbrook United Methodist half-day
- The Glade at Glenaire
- Evergreen (in Cary)
- PACE (Program for All-inclusive Care for the Elderly)

# The Journey



Hospitalization  
Spouse becomes disabled or dies  
Wandering  
Irregular sleep cycle  
Incontinence becomes too much  
Falls  
Combative behaviors

Home

Home

Residential  
care

Tools

Home help  
or Day  
program



# Respite Care?



- Some Memory Communities, if they have unoccupied rooms, will let you come for respite care
- Furnished room in a place with nurses, PT, OT, assistance with ADLs, etc.
- Usually 4 weeks (can't just be for weekend)
- No contract or deposit, just daily rate
- You *must* leave after 4 weeks, or sign on

# Costs of Residential Care

<b>Continuing Care Retirement Community</b>	<b>\$20,000 - \$1M+ Buy-in (+ monthly rental fees)</b>
<b>Assisted Living</b>	<b>\$4,250 - \$10,300/month</b>
<b>Family Care Home</b>	<b>\$6,000 - \$10,000/month</b>
<b>Memory Care Facility</b>	<b>\$5,500 - \$11,500/month</b>
<b>Skilled Nursing</b>	<b>\$9,000 - \$15,000+/month</b>





# Expect Medicare to cover assisted living? Think again

Posted September 16, 2017

Updated November 3, 2017



# What does Medicare cover?

Very little.



# Income Limit for Medicaid (Special Assistance)

- For Assisted Living, no income over **\$1,248**
- For Memory Care, no income over **\$1,581**

**No assets over \$2,000**

*Then you must find a place that takes Special Assistance*



# Local Rental Options

## **ASSISTED**

Brighton Gardens  
Brookdale  
Cadence  
Chatham Ridge  
Falls River  
Heartfields  
Sunrise  
The Addison  
The Cardinal  
The Reserve at Mills Farm  
The Templeton  
Waltonwood  
Woodland Terrace

## **MEMORY**

Brighton Gardens  
Brookdale  
Cadence  
Chatham Ridge  
Falls River  
Heartfields  
Sunrise  
The Addison  
The Cardinal  
The Reserve at Mills Farm  
The Templeton  
Waltonwood  
Woodland Terrace

## **FAMILY CARE HOME**

August Estates (Durham)  
Bright Horizons (Raleigh)  
Carolina Care Home (Durham)  
Cary Care Home  
Chantilly (Wake Forest)  
Charles House (Chapel Hill)  
Gracie Sturdivant (Durham)  
Kelley's Care Home (Raleigh)  
Lynn's Care Home (Raleigh)  
Renaissance (Wake Forest)  
The Retreat (Cary)

# Assisted Living

## Private studio (1-person)

Includes all expenses but phone:

At **lowest** care level: \$4,250 to \$5,900/month  
(*private room*)

At **highest** level of care: \$5,900/month (all-inclusive) to \$10,300 (includes highest level of care, highest medication management level, and continent management)



Range: \$4,250-  
\$10,300/month

\$51,000-  
\$123,600/year (per  
person)

# Example of Pricing at Modest Option

*Private studio in Assisted Living (1-person)*

<u>Pricing Model</u>	<u>Tiered</u>	<u>All-inclusive</u>
Base room	\$3,900	
Lowest care level	\$350	
Monthly	\$4,250	\$5,900
Base room	\$3,900	
Highest care level	\$2,400	
Monthly	\$6,300	\$5,900
Annually	\$51,000 - \$75,600	\$70,800





# Memory Care

Shared room and private studio

Includes all expenses but phone:

Range: \$5,500-  
\$11,500/month

At **lowest** care level: \$5,500/month (shared room) \$8,400/month (private room)

\$66,000-  
\$138,000/year

At **highest** level of care: \$5,500/month (all-inclusive; shared room) to \$11,500 (includes highest level of care, highest medication management level, and continent management)

# Family Care Home

Shared room and private

Includes all expenses but phone:

At **lowest** care level: \$6,000/month (shared room) \$7,000/month (private room)

At **highest** level of care: \$7,500/month (all-inclusive; shared room) to \$10,000+ (includes highest level of care, highest medication management level, and continent management)



Range: \$6,000-  
\$10,000+/month

\$72,000-  
\$120,000/year

# Memory Facility vs Care Home

- Larger community
- Locked to prevent wandering
- More standardized
- More activities
- More amenities
- Care ratio of 1 to 8 during day; 1 to 10 at night
- Larger staff, less stability
- Household of 6 residents
- Home in a neighborhood
- Less activities
- More tailored attention
- Care ratio of 1 to 3 during day; 1 to 6 at night
- Fewer staff who are more familiar with residents
- Can't take wanderers
- Ambulatory vs. Non-ambulatory





# Skilled Nursing

## Shared room and private studio

Skilled nursing is typically all-inclusive and priced on a daily basis, costing from \$240/day up to \$440/day.

At **lowest** cost: \$7,200/month (shared room) up to the highest cost in a private room: \$13,200/month

Range: \$7,200-  
\$13,200/month

\$57,600-\$158,400

If you have no more than \$2000 in assets and an income > \$4000 & are in a place that takes Medicaid, you may qualify for Medicaid.

# What to consider when touring:

1. Proximity to family
2. Cost (all-inclusive or base + care level + meds + incontinence)
3. Waitlist (might be worth putting your name on a few waitlists)
4. Whether they can handle your or your loved one's needs now and in the future (troubling behaviors, frequent falls, growing non-ambulatory, etc.)
5. Are there other families there who you can speak with?
6. No place is perfect.

# Process for a near-term move:

1. You've chosen the place.
2. You'll need to get physician to fill out an FL2 and do a TB test
3. The nurse will assess your loved one (either at home or in facility)
4. The community gives you a monthly price based on needs.
5. There is lots of paperwork, med transfer, etc.
6. You identify the move-in date (bring furniture, if not provided)
7. Develop the plan for the move.



The puzzle is always changing...



# Take-Aways

- Develop a proactive, problem-solving mindset
- Identify what you can control and what you can't and do what you can for the former
- Rely on your community when you need help (some of us have to learn how to ask for help)
- Pivot, when needed
- Self care is critical
- Cultivate “wise mind” (through walks, sleep, religious practices, friends, meditation, support groups)

# Remember

An emotion passes in 90 seconds  
unless you feed it

Humor is invaluable!







LIISA OGBURN

### Tools for Dementia Caregivers

As needs arise, families devise ways to meet them. Here are some tools I have seen families use during while caring for loved ones at home.

**Tags:** dementia, tools

Posted July 13



LIISA OGBURN

### Steps for a smooth discharge home from rehab

Mom finally has a discharge date from Rehab. How can we ensure the transition back home goes smoothly?

**Tags:** rehab, Medicare, physical therapy

Posted July 9



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