

# Making the Move:

## *Understanding Residential Care Options for People with Dementia*

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# Making the Move

- Explore Now & make a plan!
- Assess your loved ones needs
- There is no one one-size-fits-all community
- Every person with dementia/family is different
  - Progression/stage of dementia
- Involve the person with dementia as much as possible



# When to Make a Move?

- BEFORE you ask the question!
  - Before it's needed
- BEFORE care-partner becomes at risk
  - Caregiver burnout
  - Can't continue your everyday life, routine
  - Your world is getting smaller, social isolation
  - Your self-care/medical care is being neglected



# When to Make a Move? *(cont.)*

- When transition is easier
  - Can still connect socially & engage with others
  - Can follow a routine and likes structure
- Home care becomes cost-prohibitive/too complex
- When transition is difficult
- When he/she no longer recognizes you



# When to Make a Move? *(cont.)*

- Safety concerns
- Medical needs
- Decline in daily functioning - ADLs
- Isolation, loneliness
- Behavioral changes - aggression
- Sleeping changes



# Types of Care Facilities

- Assisted Living (ALF)
- Memory Care (MC)
- Family Care Home / Residential Care Home (FCH)
- Nursing Home / Skilled Nursing Facility (SNF)



# Assisted Living

People with dementia can live successfully in ALF's

- “Early stage”
- Follows a routine
- Needs prompting/cueing
- Easily redirected
- Social
- Can carry on a conversation
- Can do some physical ADLs independently or limited assistance
- Medication management
- Cost: \$3500-\$10,000/month



# Memory Care

Specialized for people with dementia diagnosis

- Ideal for someone who wanders, is exit-seeking
- Heightened confusion
- Needs daily/regular assistance with physical ADLs or supervision
- Requires continual prompting or redirection
- 1-8 resident to staff ratio
- Specialized programming
- Cost: \$6500-\$14,000/month





# Family / Residential Care Home

- Assisted Living in a residential home
- Ambulatory (rest home) vs. non-ambulatory (intimate nursing home)
- Smaller Environment (max 6 people)
- Highest staff to resident ratio- 1-3
- Designed to age-in-place including end of life care
  - Higher care needs but don't want a NH
    - Needs help with all ADLs
  - Many can use mechanical lifts
  - Wheelchair / bed-bound
- Cost: \$4000-\$12,000/month



# Nursing Home/Skilled Nursing Facility

- Very advanced care needs
  - Medical supervision
  - Severe cognitive problems
  - Tube feeding
  - Wound care
  - Catheter Care
  - Bed bound
  - Mechanical lift
  - Need frequent visits to the hospital
- Short-term acute rehab (SNF)
- Not always ideal setting for people with dementia!
- Cost: \$8,000-\$15,000/month
  - Medicaid



# What to Look for in a Community

- Overall Community Feel
- Cleanliness / appearance / smells
- Outdoor space
- Happy Residents / Happy Staff
- Visitors
- Activities / Engagement
- Safety
- Staff:
  - Training
  - Employees or agency
  - Ratios
  - Longevity of staff
  - Activity staff



# What to Look for in a Community

- Care Plan
  - Individual assessment
  - Meals- dietary needs & preferences
  - Flexibility as needs change
  - Communication process / Contact person
- What is a typical day?
- Age in place considerations
- Visiting policy



# What to Look for in a Community

- Location
- Budget
- Apartment/Room options
  - Your own furniture or not
  - Camera?
- Can you imagine your loved one living there?
  - Other residents, space, meet care needs
- Visit again
- Respite /trial Stay



# How to Pay for Care

- Private pay – out of pocket
  - Annuity options
  - Life insurance cash value or settlement
- Long-Term Care Insurance
- Veteran's funds
- Reverse Mortgage
- Or home equity /line of credit
- Medicaid
  - Primarily for care in a nursing home
  - “Special assistance” for ALF/MemoryCare



*Thank you!*

Q & A

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