

Making the Move:

*Understanding Residential Care Options
for People with Dementia*

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All About Seniors



Making the Move

- Explore now & make a plan!
- Assess your loved one's 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: \$4,500-\$12,000/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: \$6,500-\$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: \$4,500-\$14,000/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: \$8,500-\$16,000/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/Memory Care



Thank you!

Q & A

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