

DEVELOPING A PLAN FOR YOUR AGING PARENT



The majority of our senior population is very healthy and active and continues to remain independent. Some seniors, however, require a varying need for care or assistance with their ADLs (activities of daily living.) If you are unsure of the type of care that may be needed for you or your parents, here are some questions that might be of assistance.

1. Can they live alone?
2. Are they safe and able to evaluate an emergency situation such as a fire?
3. Do they require any type of maneuvering assistance such as a walker or a cane? If so, do they live in a one or two story home and should this be taken into consideration?
4. Do they remember to take their medication?
5. Are they having significant difficulty with memory?

Now, after taking a moment to consider these questions, is your parent capable of living alone?

If the answer is “no,” then a personal care home, assisted living facility or skilled nursing facility may be necessary. Personal and assisted living facilities provide assistance with everyday living skills such as bathing, medications, toileting, grooming, and also provide three meals per day. The decision between the personal care home and the assisted living facility depends on you and your parent’s preference for facility size. Personal Care Homes usually have about 4-8 residents, while assisted living facilities accommodate a larger resident population. Neither of these facilities’ costs are covered by insurance policies, but they are regulated by the Department of Health. Assisted living and personal care homes are not appropriate for those who require 24 hour medical care.

Skilled nursing facilities provide 24 hour assistance to chronically ill, usually elderly patients with conditions that require nursing care. Skilled nursing facilities have a physician available at all time for emergency situations. They are regulated by the Department of Health and costs may be covered by Medicare or other private insurances. If you feel that placement is necessary, write down your questions that you may have and stop in at the facility you are interested in so you may witness their operations during normal working hours.

If the answer is “yes,” then home care assistance may be appropriate. Home care assistance can offer a visiting nurse (with a physician referral) to provide medical aid such as wound care and medication administration. Home care can also be provided in the form of companion or attendant care, and can easily be made available by contacting a local Area Agency on Aging or a private duty home care agency. Private duty home care agencies expect a minimum of 3 hours and their prices vary. Attendant or companion care provides assistance with ADLs such as cooking, bathing, dressing etc. This type of assistance can also provide a companion that visits the home to provide care as needed.

Questions about your health or insurance?

Call Personal Health Partners at

800-327-7272