

## WE CARE

Deciding on the best type of care can be confusing, even overwhelming. We hope that the information discussed here is useful in your care planning. If you would like to discuss these issues further, please call the Care2Caregivers helpline. Our dedicated, professional staff members, who have also been family caregivers, are here to listen and guide you.



WHEN YOU CARE • WE ARE THERE

### For more information:

Comprehensive Services on Aging (COPSA) has been providing compassionate and sensitive mental health care to the elderly since 1975. A team of Geriatric Psychiatrists, Social Workers and Case Managers are available to assist families with diagnosis and treatment. COPSA also provides training for professionals, family caregivers and the community on issues related to aging, memory and mental health. Care2Caregivers provides resources, referrals, information and supportive counseling to anyone caring for someone with memory loss. Call for help.

**HELPLINE: 800.424.2494**

# RUTGERS HEALTH

University Behavioral Health Care

COPSA Institute for Alzheimer's Disease & Related Disorders

## REMEMBER ... there is no one solution.

### Be flexible. Consider all of your options.

Be honest with yourself and your family members. Some families do not like the idea of a live-in aide staying in their home or may not have an additional bedroom to accommodate them. For other families, this is a great option that allows them to keep their loved one at home through the course of the illness. Many people say, "I promised mom I would never put dad in a nursing home."

But sometimes, placing a loved one in a long-term care facility is necessary and can provide better care for the person with memory loss as well as improve the relationship between family members.

### A final note...

Try not to feel guilty. Remind yourself that you are doing the best you can with the resources you have in light of the circumstances. Getting the help you need at the right time can make a world of difference.

# RUTGERS HEALTH

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## TYPES OF CARE

### What type of care do I need?

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There are **many options available** to assist with caregiving that range from getting minimal help at home to full-time placement in a nursing home.



A family's need for assistance with caregiving may change as their loved one's disease progresses.

There is no one-size-fits-all solution. What works for one family may not be an option for your family. Some families may have relatives who live nearby and are available to assist with caregiving. Others may need to hire home health-aid assistance early on to help with care. Or a caregiver's health may suddenly change and the plans that you thought were fine may no longer work.

Getting help in the home or outside of the home is not a sign of weakness. It is simply impossible for one person alone to care for someone who has advanced memory impairment. It is a sign of strength to reach out and get help to provide the best level of care for your loved one. With all cases of memory loss, our cues come from observing what they cannot do for themselves anymore, while making sure they are safe. Equally important is the health and abilities of the caregiver.

In the beginning a person with dementia may just need limited supervision with daily tasks. As time progresses they may need more help with activities

such as bathing, eating and toileting. Learning about what is available and having a plan for your next step can help make life easier for everyone.

**800.424.2494**

[ubhc.rutgers.edu/services/geriatric](http://ubhc.rutgers.edu/services/geriatric)  
[www.Care2Caregivers.com](http://www.Care2Caregivers.com)

## TYPES OF CARE

**In-Home Care:** You may be able to handle many of your loved one's needs at home by hiring help as needed. If they need help with daily living, professional caregivers called Home Health Aides may be paid to assist you. You can hire from an agency, which usually costs more, but screening, certification and insurance are covered. Some people rely on companions or aides who they locate through informal social contacts. There is a wide range of tasks that can be paid for, including housekeeping, personal care, lifting, cooking, feeding, and more. You can hire assistance for a few hours a week, gradually increasing to a part of each day, all the way up to a full time live-in aide.

**Adult Day Programs:** These are special community programs where a person with memory loss can socialize and participate in activities for a fuller life. They are staffed by professionals who have special training on how to interact with individuals with memory loss. Many provide hot meals, dispense prescribed medications, and give assistance with toileting. It gives the caregiver time to get things done at home, run errands or go to work while their loved one is there for a few hours enjoying a stimulating day.

**Respite Stays:** If the caregiver needs a break from caregiving due to health issues, to tend to other obligations, or take a vacation, a respite stay can be arranged in a local assisted living or nursing home. It can last anywhere from a few days to a month or more.

**Assisted Living:** For those in the earlier stages of memory loss, Assisted Living may be a good option. Here, a person has a private room and can participate in structured activities while receiving prepared meals in a common dining area. Each facility is different, but

typically, as a person needs more assistance with tasks such as bathing or taking medication, there are additional fees for the added assistance.

**Memory Care Communities:** Some Assisted Livings and Nursing Homes have special units that care for people who have memory issues. Staff will be specially trained to provide supervision and care for someone who may be confused. These units will be locked to ensure the safety of someone who may wander. If your loved one exhibits combativeness, wandering, or other challenging behaviors, a facility with a specialized memory care unit may be a good choice.

**Nursing Homes:** When full-time monitoring is needed, and a person can no longer care for most basic needs, placement in a skilled nursing facility may be indicated. Your loved one will receive assistance 24 hours a day from specially trained staff.

**Continuing Care Communities:** This is a single setting which has levels of living options available, from independent living to assisted living to full nursing care. As disease progresses and greater care is required, the move from one facility area to another is relatively easy. This may also be a good option for a married couple as they can stay in the same general location even as different levels of care are needed for each person.

## How Do I Pay?

The State of New Jersey provides assistance for those whose income falls within certain guidelines. Each county has an office that administers these programs. To find out if you qualify, call **877-222-3737**. Assistance depends on income and assets. If you do not qualify, fees must be paid for with income and savings. Consulting an Attorney who specializes in Elder Law can help you plan for the expenses associated with the various levels of care.