

find housing and/or care

find your way through the maze by starting here:

- Start with a financial assessment. What do you have to work with?
- Assess your loved ones condition and needs. (See assessment checklist.)

Familiarize yourself with the choices:

- Aging in place, at home with modifications, assistive devices and services, such as meal programs
- Senior day centers
- Granny-unit, in-law apartment, or bedroom in your home
- Subsidized senior housing
- Residential care and group homes
- Assisted living facility
- Continuing care retirement communities, which include independent living, assisted living, skilled nursing, and memory care
- Skilled nursing home
- Alzheimer's or dementia facilities
- Hospice

Familiarize yourself with local services:

- Ask your loved one's physician for recommendations.
- Ask friends, family, and others for housing and care recommendations
- If your parent is in the hospitalized, speak to the social worker or discharge planner.
- Call a local hospital and ask the social worker for suggestions.
- If there are other aging seniors in your parents' neighborhood, consider banding together to establish a NORC (Naturally Occurring Retirement Community).

Do the footwork. Visit the facilities you're interested in. Interview potential home health workers.

- Set an appointment.
- Meet with the director of the home or services.
- Interview the staff.
- Go on a tour of the grounds.
- Ask residents how they like living there.
- Pop in again at a different time, without an appointment.
- Ask for references and call them.
- Call your Long-Term Care Ombudsman and ask about the facility or service.
- Call your state's health department to see if any complaints have been filed.

