

10 Things you need to “absolutely know”, to find the best care for your aging parents.

#1 What is Assisted Living? Assisted Living is a service that provides seniors assistance with their care needs that are related to daily activities of living, such as bathing, dressing, grooming, ambulation, transportation, meals, medication management and housekeeping. This is provided in addition to their housing and utilities.

#2 What's the difference between Board and Care, Assisted Living , and Residential Care?

These three terms are used to describe care assisted living. All three can provide the same level of care. They are interchangeable terms used for describing assisted-living.

In this industry the term **“Board and Care”** usually used to differentiate a small, up to 6 bed care home from the larger facilities that may call themselves:

- Residential care communities
- Residential care facilities
- Senior care living
- Assisted living facilities
- Assisted living communities

The larger places (50 to 100 beds) usually consist of more apartment-style living. Some give you options for sharing an apartment/room or a private small studio apartment.

The smaller 6 bed care homes are just that, a private single family home in a residential neighborhood. They provide more home-style living with a roommate

situation .You can have a shared room or private room in a small 6 bed care home.

Whether you choose a large facility or small-6 Bed care home, they all offer the same amenities and the same services as far as assistance with bathing, dressing, grooming, meals, transportation, and medication management.

The smaller 6 bed care homes are better for people who cannot ambulate or walk very far without assistance; because of the home style setting the furthest your senior will need to walk is from their bedroom to the dining room.

In a home style setting, most can manage the small area whereas in large facilities there may be long hallways, elevators and double doors to navigate getting to the dining room.

The biggest benefit I see in a smaller setting type of care, is the homey feeling and better attention from caregivers. With a few other roommates, your senior may experience better independence and a homey feeling.

An advantage of a larger facility is in more activity programs for seniors. They tend to have an Activity Director who can fill the week with lots of entertaining activities to create a community among the residents. Socialization or potential feeling of belonging to a group is a healthy benefit and provides opportunities for bettering communication, having more fun, and working out differences.

When facing big decisions regarding which home care works best for your aging family member, we can offer a free evaluation and consultation as to which facility fits your budget and the overall goal that you may have. This reduces time having to research which facility are available or have vacancies. Finding the right budget for the long term can also be daunting.

Senior Care of Sacramento can help customize and find the best suited place for your loved one.

#3 Do assisted living communities have to be licensed?

No matter whether a place is called a board and care, assisted living or residential care they are all governed by the Department of Social Services and the same state licensing regulatory provisions under Title 22.

#4 Does Medicare or MediCal / Medicaid pay for Board and Care , Residential Care Facilities for the Elderly (RCFE), Assisted Living Facilities or Communities?

No. Because these are not medical facilities, neither Medicare nor MediCal/Medicaid pays directly for the residential care/assisted living. There is a MediCal Assisted Living Waiver Pilot Project (ALWPP) for assisting residents with low-incomes, but there is usually a waiting list and currently they only take high-functioning residents. (L.A., Sacramento, San Joaquin counties)

#5 How does an Assisted-living, RCFE or Board and Care Home differ from a Skilled Nursing home (SNF)?

Skilled nursing facilities require a licensed medical nurse and doctor to care for your senior, and care correlates to the person's diagnosis. To get the best possible care, we can help by determining if your diagnosis prohibits you from choosing assisted living or a skilled nursing home.

If someone is bedridden (meaning they are in bed the majority of their waking day) they are usually required to be in a skilled nursing home, unless they are on Hospice. They may be eligible for an Assisted Living/RCFE that has an opening for a Hospice resident depending on the person's diagnosis. We can determine eligibility after a customized assessment and is determined on an individual basis.

#6 What does an assisted living community typically cost?

The average monthly cost is \$3,500 but could be as high as \$5,000 to \$6,000, depending on accommodations (e.g., private or shared room), geographic area, levels of care need, and special care services for dementia or Hospice. We are able to include more affordable assisted-living options if someone is higher functioning and only needs assistance with minimal daily activities of living (bathing, dressing, and grooming). Some places have extra fees for administering medication, Pre-admission, and community fees. Some of these other fees are negotiable and we can help with that as well.

#7 Who is best suited for assisted-living community?

Seniors who are looking for activities and companionship in addition to assistance with their care needs of daily living i.e. bathing, dressing, grooming, ambulation may prefer such a facility. Seniors who are outgoing and enjoy socializing with their peers may prefer an assisted living community.

#8 I don't think it is safe for my loved one to drive; what should I do?

Are you concerned about your loved one's capacity to be driving? Are you wondering if she is safe on the road? Is he a danger to himself or others? The best way to handle this is to speak to their doctor who can assist you with testing them to see if they should be driving or not. You can make a request at their doctor's office. The doctor is a mandated reporter and responsible for submitting a notice to DMV if your loved one failed the test. This keeps you from being put in the middle of the issue, takes it out of your hands and can give you peace of mind.

Give us a call and we assess what the best options to choose at 916-877-6904.

#9 What kinds of services do in-home service agencies offer?

There are two types of in-home service agencies. One offers medical care services and the other offers non-medical homecare services. We can help you to determine whether your loved one needs medical or non-medical services.

#10 My loved one has dementia. Can he receive care in an Assisted Living/RCFE/ Board and Care?

Yes. Some Assisted Living/RCFE & Board and Cares specialize in dementia care. These Assisted Living/ RCFE/ Board and Care Facilities must meet certain requirements, including training for staff and administrators. Ask about their philosophy of dementia care, and the qualifications of staff and their training program. Of course, with our direct contact and close experiences with these types of facilities, we can recommend the best experienced dementia care facilities to you as well. This report was written from my extensive research and experiences with elder care. Feel free to call, and we would love to chat with you to discuss your concerns and level of urgency--916-877-6904. You don't have to tackle this big decision alone, we are friendly and love to help.

Visit us at our website <http://www.Seniorcareofsacramento.com> or

You can call us for a FREE Consultation with our senior care specialist;

Therese Johnson 916-877-6904.