

Successful Transitions: Senior Living and Care Options

May 12, 2016



What we will cover today

- Assessment of Person and Situation
- Review of Options
- Key Factors to Develop Options
- Assessment and Evaluation of Facilities
- Price, Payment and Comparison
- Other Information and Resources

Assessment of Person & Situation to Develop Options

1. **Assessment of Care Needs**

Understand person's medical, physical and mental condition

2. **Assessment of Social Needs and Other Preferences**

Understand person's background, history, personality and lifestyle. What else is important to them? Location, Doctors, Hospital, Outings, Church, Pet)

3. **Assessment of Financial Situation**

Review budget including LTC Insurance. Learn about other financial benefits such as VA Aid and Attendance and Tax Deduction.

4. **Assessment of Legal Situation**

Review POA, Guardianship and Conservatorship situation if applicable

5. **Assessment of Family Situation**

Discuss who is involved in decision. Involve them as appropriate. Find mediator when disagreement occurs.

Goal: Advocate for the person at all times.

Assessment Process – Needs

Needs Assessment Tool (see handout)

Safety	Communication
Mobility	Medication
Nutrition	Bathing, Dressing and Grooming
Mental Status	Finances
Toileting	Physician Contact

Results provide you a general idea about which type of housing or care may be most appropriate for the person

Selection Process – Options in Georgia

(as of 5/11/16)

Skilled Nursing Facilities	287 down from 350+ in 2012
Personal Care Homes/Assisted Living	2,024/45
Private Duty In Home Care	1,128
Home Health (PT, OT, ST and nursing)	109
Hospice	197

How do you narrow down the Options?

How do you know which one is best?

How do you chose?

Services and Options Available

(yellow card)

- Adult Day Care & Clubs and Senior Centers
- In Home Care
 - Companion/Sitter, Personal Care Assistance & Skilled Private Duty
- Transportation Services – Uber via Common Courtesy; ARC's www.simplygetthere.org; where MARTA goes training program available
- Independent Living (55+ or 62+)
- Independent Living with Supportive Services
- Assisted Living
 - Small home style Personal Care Homes; Larger Communities
 - Memory Care units/Secure (Small/Large/Part of Assisted Living)
- Assisted Living with Supportive Services (companion/hospice)
- Skilled Nursing Facility/Rehab
- Hospice

Key Factors to Focus Options

1. Care Needs
2. Budget – monthly costs

Low: \$1800-\$2500

Moderate: \$2500--\$4500

High Budget: \$4500+

3. Location
4. Preferences

Mix Matching Options

1. Low budget &/or Preference: Live with family; get in home care either private pay or via Medicaid voucher programs and participate in Adult Day Programs.
2. Low budget, want to live independently but have care needs: Low income housing with in home care vouchers or medicaid PCH or nursing home
3. Moderate Budget, want to live independently but have care needs: Stay home with limited in home care; Assisted Living/PCH
4. High Budget, want to live independently but have care needs: Stay home with in home care; CCRC/Assisted Living/PCH
5. Respite following Surgery/Rehab or Respite For Caregivers

Assessment Process – Evaluating Facility

- Owners/Managers
- Staff
- Programming / Activities / Socialization
- Location
- Facility Specifics
- Ability to Age in Place (AL license or State waiver)
- Pricing and Payment Options
- Public Record
- On-going evaluation
- Testimonials: Talk to residents and their families
- Ad Hoc Visits
- Talk to other senior service providers
- Would I want my parents, loved one or myself to live there?

Average Price in Georgia

- In Home Care: \$18-\$25 per hour*
 - Live-in Care: \$250+/day
- Adult Day Care: \$64-\$140/day (transportation+)*
- Independent Living: \$2000-\$4500
- Personal Care Home: \$1800-\$4000 (avg. \$3,077*)
- Assisted Living Community: \$3000-\$5500*
- Memory Care/Alzheimer's: \$3500-\$7500 (Small/Large)
- Respite: \$100-\$250/day
- Nursing Home: Semi private: \$6850 and Private: \$7700*
- CCRC: varies, some are buy in and others are priced as above.
- Hospice: Medicare or Private Insurance

* *The 2012 MetLife Market Survey of Nursing Home, Assisted Living, Adult Day Services, and Home Care Costs, November 2012 or Genworth's 2016 Cost of Care Overview www.genworth.com/about-us/industry-expertise/cost-of-care.html*

Payment Options

- Private Pay
- Long Term Care Insurance
- Veteran's Aid & Attendance (\$1788/month or if married \$2120)
- Widow of Veteran Aid & Attendance (\$1,149/month)*
- Medicaid Nursing Home and Personal Care Homes
- At Home Medicaid Programs/Voucher Programs
- Medicare Nursing Home/Rehabilitation

Less conventional: Life Settlement and Reverse Mortgage

Assisted Living Tax Deductible: Nurse on staff

Comparison of the Average Monthly Expenses

AVERAGE MONTHLY EXPENSES	YOUR HOME	ASSISTED LIVING COMMUNITY/HOME
Property Taxes	\$ _____	\$ _____
Utilities (Gas, Electric, Water, Garbage)	\$ _____	\$ _____
Home Maintenance	\$ _____	\$ _____
Food	\$ _____	\$ _____
Basic Cable	\$ _____	\$ _____
Transportation (For scheduled trips)	\$ _____	\$ _____
Yard Maintenance	\$ _____	\$ _____
Security (Resident call system & 24-hour staff)	\$ _____	\$ _____
Housekeeping & Linen Service	\$ _____	\$ _____
Wellness Program	\$ _____	\$ _____
Internet	\$ _____	\$ _____
Storage	\$ _____	\$ _____
Other _____	\$ _____	\$ _____
Mortgage/Rent	\$ _____	\$ _____
TOTAL MONTHLY COST	\$ _____	\$ _____
Subtract Home Equity Earnings (@ 5% interest)		\$ _____
TOTAL MONTHLY COST		\$ _____

State Resources

The Department of Human Services (DHS), Division of Aging Services (DAS) provides information on GA Medicaid and Assisted Living regulations and requirements.

<http://aging.dhr.georgia.gov/portal/site/DHS-DAS>

State Long-Term Care Ombudsman works to resolve concerns of long-term care facility residents. www.georgiaombudsman.org

Inspection Reports: Georgia Facility and Other Service Provider

<http://gamap2care.info>

Agewise Connections - 404.463.3333 or 1.800.676.2433 (CCSP qualification/Medicaid and other resources)

Other Resources

Senior Resource Directory provides senior related information in the Metro Atlanta region. www.atlanta-senior-resources.com

New Lifestyles is a resource guide to senior living and care in Atlanta and surrounding area. www.NewLifeStyles.com

National Association of Elder Law Attorneys is a professional association of attorneys serving seniors and people with special needs www.naela.org

National Aging In Place Council is a senior support network help older Americans remain in their homes for as long as possible. www.ageinplace.org/

Assisted Living Locators check list is a transition guide. Available upon request.

Assisted Living Locators Resources Pages available at www.assisted-living-atlanta.com/assisted-living-resources



No cost referral and advisory source for older adults and families to find the perfect senior living option.

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Atlanta's most trusted free senior-living and home-care referral service since 2009.