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SENIOR CARE AND FAMILY
CAREGIVERS:

WHAT ARE YOUR OPTIONS AND
WHAT YOU NEED TO KNOW

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South Vancouver Neighborhood House
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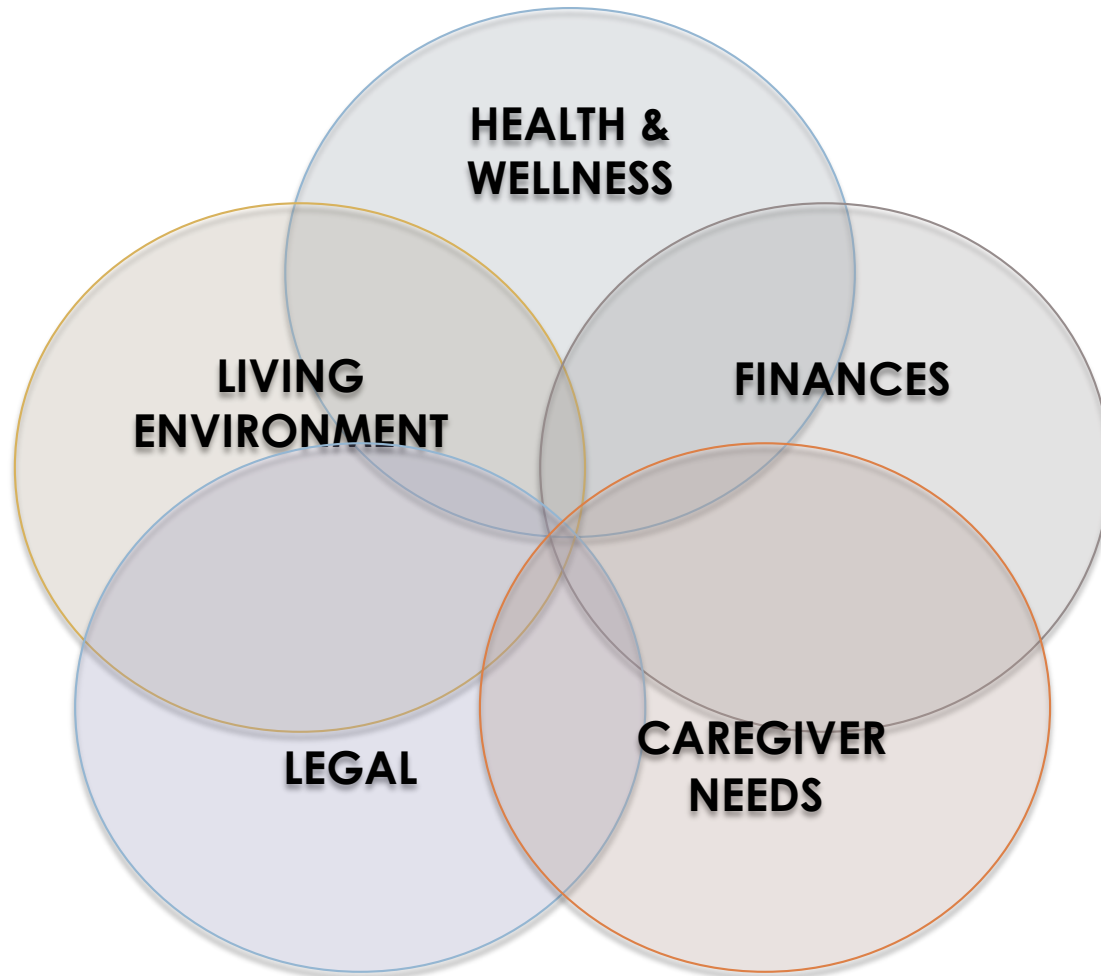
TODAY'S DISCUSSION

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- Elements an eldercare plan
- Aging in place
- Private home care
 - How to access
 - What questions to ask
 - Differences between private and public services
- What you need to know to make informed decisions

MAIN ELEMENTS OF AN ELDERCARE PLAN

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Why is planning so important?

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The vast majority of seniors want to age-in-place in their current home

Unexpected events

Being pro-active will help you avoid a crisis



Poll:

How many people here currently receive help in any form?

How many have help from the health authority?

How many have private help?

Who here thinks they might need help in the next year?

HOW TO BE PRO-ACTIVE

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Pre-emptive measures to delay the need for 'complex care' for as long as possible:

- ❖ Who is in the support team and can it be expanded?
- ❖ Safety adjustments to home or downsizing
- ❖ Getting home help
- ❖ Research and plan for contingencies
- ❖ Make a change before it becomes a necessity

WHY HOME CARE?

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Home care will allow you to:

- Stay in your own home for longer
- Stay in your neighborhood
- Keep your current routine
- Stay with your spouse
- In some cases, save money
- Give you the most flexibility
- Give respite to the primary spousal caregiver



WHEN IS THE RIGHT TIME?

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Warning signs:

- Physical limitations
- Cognitive decline
- Activities of Daily Living
- Isolation
- House tidiness
- Not eating nutritiously
- Stopped driving

IN-HOME CARE

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Available from private pay agencies or public health authorities

Differences btwn private pay and subsidized home care

- Method of access
 - Scope of services
 - Duration
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- ❖ Multitudes of agencies available
 - Interview at least a couple of them
 - Ask the right questions – what are they?

HOW DOES HOME CARE WORK?

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Research options and costs

Shortlist, interview and selection

Develop care plan – specific tasks and needs

Setting the schedule

Caregiver starts

Continued monitoring

HOME CARE VS SENIORS RESIDENCE

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Considerations to weigh:

- ❖ Independence
- ❖ Financial considerations
- ❖ Quality of specialized care
- ❖ Home safety
- ❖ Socialization and activities
- ❖ Support services
- ❖ Keeping husband and wife together
- ❖ Familiarity with neighborhood
- ❖ Proximity to family and friends



SPECTRUM OF SENIOR LIVING

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INDEPENDENT LIVING

SUPPORTIVE LIVING

ASSISTED LIVING

COMPLEX CARE

CAMPUS OF CARE

FINANCIAL CONSIDERATIONS

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Sources of income and financial resources

Planning and Budgeting

- Ideal monthly expenditure
- Public vs. private services – do both?
- Expect increasing costs
- Sit down with financial advisor

HEALTH & WELLNESS

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Physical Safety

- home safety improvements
- personal health alert system

Mobility and Driving

- walking aids
- transportation services

Hygiene and Personal Care

- assistance with activities of daily living

Medications

- medication reviews
- keep a list of meds handy

Physical Health

- regular exercise, adapted to health conditions
- monitor health conditions
- regular bloodwork tests

MONITOR AND RECORD HOME CARE SERVICES!

CAREGIVER NEEDS – HOW HOME CARE CAN HELP

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Avoid emotional and physical burnout

- Share the care, ask for help
- Educate yourselves and plan ahead
- Respite care – take breaks
- Talk to financial advisor
- Get paid help
- Be organized
- Support groups

SUMMARY

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Planning ahead and being pro-active will help you

- Identify available options and resources
- React more quickly and calmly
- Make better, informed decisions
- Maintain control over your life
- Reduce risk
- Maintain higher quality of life for longer and be able to stay in your own homes!