



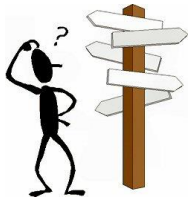
SENIORCARE OPTIONS

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**Candor. Compassion.
Competence.**

Aging Life Care Management
for the Metro Atlanta Area
Assisting medically frail seniors,
disabled adults, & their caregivers



Placement for Older Adults – Is it needed and what are the options?

Placement is the transition of a senior adult from one setting to another. This may be from their home into the home of a loved one or facility, from one location in a facility to another, or from one facility to another.

The primary reason that one seeks placement is that their loved one is needing more care due to their increasing physical, psychiatric, or cognitive needs. This reduction of one's abilities and need to discuss necessary changes can be difficult for families – due to a variety of causes.

Loved ones may need increased observation or assistance due to falls, medication mismanagement, and a lessened ability to care for self and home. Services such as homecare, home health, or hospice can be brought into the home to assist with presenting needs – however, in certain situations, this is not appropriate for social, financial, or logistical reasons.

Placement can also be to increase opportunities for socialization, fulfill a desired lifestyle change, or to have less up-keep regarding personal property, tasks, or responsibilities. There can be much more flexibility for the individual with these positive changes.

There are multiple options when discussing placement – such as a loved one's residence, retirement community or CCRC (Continuing Care Retirement Community), senior based apartment complex, independent living, personal care home, assisted living, memory care, or nursing home. Placement may be for caregiver respite, "trial-run", short- or long-term.

It is important to have a clear understanding of one's current and long-view needs when exploring options. A professional assessment, as one through Aging Life Care Management services, can be helpful in determining actual need and residential care levels available to most appropriately care for those needs. This can be particularly helpful and necessary in complex situations such as resistance to placement with obvious safety risks, complex medical or psychiatric needs, needs for a couple seeking placement or for a parent and disabled child needing care.

It is important for the senior adult and their family to be proactive and knowledgeable regarding the exploration and process of placement. Know the available local options and associated price points in areas that can meet the needed professional and familial support for a loved one – while being afforded. Be aware of one's financial plan for funding the placement and to explore any potential coverage for that type of care – such as through private funds, VA benefits, Medicaid, or LTC insurance claim. Review one's medical and legal advance directives to proactively assist with placement and care needs as they arise.

Placement is not always desired by the senior for a variety of objections, thus a different "game-plan" must be discussed and constructed. In many situations, placement cannot be forced. It can be strongly recommended and encouraged – but not forced. It is important to know what these opportunities and limitations are – and

an Elder Law Attorney can be an excellent resource for these questions. In extreme situations involving increased risks with presenting resistance to needed change, asserting legal action such as through guardianship or the use of a previously established power of attorney may be necessary for placement. Ideally, situations are best when all parties are in agreement of the change and the need for change – however, realistically, this is not always possible.

Senior Move Managers can be a wonderful resource to assist with downsizing and moving one's belongings into a new residence – with available turn-key services.

Placement Assistance Agencies can assist families in exploring available local placement options. These companies are paid by the receiving facilities (not the families) to assist with these connections.

Senior Real Estate Specialists can also be helpful in the unique needs of seniors regarding the need to downsize or sell their home.

Proactive planning, a comprehensive look at presenting needs, a realistic look at costs, and generalized support for the entire family throughout the process are all very important. It's not a one-size-fits-all solution and it is important to see the unique and specific opportunities for placement that are available to best help.

Resources Available

National Association of Senior Move Managers (NASMM) –
<https://www.nasmm.org/Find/index.cfm>

Senior Real Estate Specialists (SRES) –
<http://www.seniorsrealestate.com/Find-SRES/find>

Support Group Information

Lacy Doremus, LMSW, C-ASWCM, facilitates a monthly caregiver support group at 7pm at Presbyterian Village - conference room between Hearthstone and Wellness center. The address is 2000 E West Connector Austell, GA and meetings are held the last Tuesday of each month at 7pm.

About SeniorCare Options

SeniorCare Options provides Certified Aging Life Care Management throughout the Metro-Atlanta area. Our team consists of Master's level clinicians in the fields of counseling, social work, therapeutic recreation, and registered nursing. Our backgrounds are vast and specific to the current clinical needs of our clients and their families who may be in transition, have chronic or difficult-to-manage conditions, and who require increased guidance. Our interdisciplinary focus, extensive experience, and heightened sensitivity to their specific needs prove to be an invaluable asset to families faced with the maze of options and care needs. **For more information** regarding Aging Life Care Management services, our support groups, or to inquire about requesting services for someone under your care, **please contact us at: 770-579-9177 or brandih@seniorcareopt.com.**