

Shannon O'Malley

Facility	Services provided	Limitations	Payment
Skilled nursing (Nursing home)	<ul style="list-style-type: none"> • Assist with ADL's • Long term care • Rehab services • PT and OT and speech therapy • Full scope nursing practice 	<ul style="list-style-type: none"> • Hard to afford • Less independence • Location 	<ul style="list-style-type: none"> • Insurance • Medicare and Medicaid
Rehab facility	<ul style="list-style-type: none"> • Rehab services like PT, OT, and speech therapy • Wound care • Assistance with ADL's • Full scope nursing practice 	<ul style="list-style-type: none"> • Hard to afford • Can be a difficult adjustment • Long stay 	<ul style="list-style-type: none"> • Insurance • Medicare and Medicaid
Memory care	<ul style="list-style-type: none"> • Full time care for patients with Alzheimer's and dementia • Assist with ADL's • Provide different treatments for brain health • Continuous monitoring so clients do not leave or harm themselves 	<ul style="list-style-type: none"> • Expensive • Hard to get into as the spots fill up fast 	<ul style="list-style-type: none"> • Insurance • Medicare and Medicaid • Loans • Private pay
Assisted living	<ul style="list-style-type: none"> • Staff to assist with ADL's • Small apartment style housing • Common areas for seniors to enjoy • Client can remain independent for the most part 	<ul style="list-style-type: none"> • No one on one care • Hard to afford 	<ul style="list-style-type: none"> • Around \$4,000 a month • Private insurance • Can be state funded
Home Care (In home services)	<ul style="list-style-type: none"> • Assisting with ADL's • Administering medications and treatments • Helping with bathing and toileting • Nutrition assistance • Transportation • Cleaning 	<ul style="list-style-type: none"> • Not always 24/7 care • Expensive • No rehab services provided • Finding the right compatibility between caretaker and client 	<ul style="list-style-type: none"> • Insurance • Medicare and Medicaid • Private pay
Adult day care	<ul style="list-style-type: none"> • Provides activities to keep seniors engaged • Provides nutrition • Encourages seniors to make friends • Motivates seniors to stay active and participate 	<ul style="list-style-type: none"> • No nursing care • No in home assistance 	<ul style="list-style-type: none"> • Insurance • Out of pocket • Medicare and Medicaid
Retirement community	<ul style="list-style-type: none"> • Provides social activities • Cleaning services • Meal services 	<ul style="list-style-type: none"> • No ADL assistance • No nursing care 	<ul style="list-style-type: none"> • Out of pocket • State programs

	<ul style="list-style-type: none">• Everything is in close proximity	<ul style="list-style-type: none">• Completely independent	
--	--	--	--

3 considerations William and Edna need to think about before making a choice about housing

1. Consider cost of living and how much insurance will cover
2. Consider location and how close or far family is
3. Consider the facility and what it offers to its residents
4. Consider quality of care
5. Consider reading reviews and exploring every option before making a decision

3 useful websites with information about senior living options:

<https://www.n4a.org/files/HousingOptions.pdf>

<https://aging.com/what-can-a-home-care-worker-do-for-me/>

<https://www.aarp.org/home-family/caregiving/info-2014/caregiving-assisted-living-options-tool.html>

<https://www.seniorliving.org/assisted-living/costs/>

<https://www.helpguide.org/articles/senior-housing/adult-day-care-services.htm>