

Module 5 - Family as Client: Public Health Clinic  
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<b>Housing Options</b>	<b>Description of Housing</b>	<b>Services Provided</b>	<b>Limitations</b>	<b>Payment</b>
Skilled Nursing Care/Nursing Home	Skilled nursing is a facility that provides long-term care to elder or disabled adults	Full-time, round-the-clock staff from nurses and other medical professionals	Lack of freedom for residents	Prices range from \$4,000 to \$8,000 per month
Transitional Care/Rehab Facility	Transitional care is a facility that provides specialized medical care for injured, sick, or disabled adults	Full-time, round-the-clock staff from nurses and other medical professionals  Physical therapy  Occupational therapy	Lack of freedom for residents to leave freely  Limited visiting hours from family and friends	Medicare covers cost for a short period of time  Prices range from \$5,000 to \$37,000 per month
Memory Care	Memory care is a specific long-term care facility that is designed to meet the needs of older adults with Alzheimer's disease, dementia, and other memory deficits	Full-time, round-the-clock staff from nurses and other medical professionals  Assistance with meals and eating  Assistance with personal care needs	Lack of freedom for residents to leave freely  Limited visiting hours from family and friends	Medicare covers cost for a short period of time  Average cost in October 2019, was \$4,000 per month
Assisted Living	Assisted living is a long term care facility that provides a combination of housing and health care designed to promote maximum independence	Full-time, round-the-clock staff from nurses and other medical professionals  Personalized housing provided  Personal care services  Meals provided	Residents may struggle with adapting away from their homes and new environments  Limited visiting hours from friends and family	The average monthly cost was \$4,000 per month or roughly \$48,000 per year

		<p>Access to family/ friend visitors</p> <p>Activities/ scheduled games and events</p>		
Home Care/In-Home Services	Home care is a program that allows older adults to receive medical care while maintaining independence in their own homes	<p>Visits from a nurse or CNA several times a week for sessions that last a few hours</p> <p>Help with cooking</p> <p>Help with cleaning</p> <p>Help with running errands</p>	<p>Depending on nurse or CNA to show up to work every scheduled day</p> <p>Emergency care not rapidly accessible</p>	Medicare usually covers the full cost of services except minor fees
Adult Day Care	Adult day care is also known as respite care that allows the caregiver relief of their duties for a short period of time	<p>Participants receive meals throughout the day</p> <p>Activities are provided</p>	<p>Help from someone the patient does not know</p> <p>Uncomfortable with having new helpers</p>	Usually covered by medicaid
Senior Apartment/ Retirement Community	Senior apartments are similar to regular apartments, the only difference is that the rent is limited to adults over the age of 55	Very similar to regular apartments but, the apartments have a low number of stairs, grab bars, and other safety measures for older adults	There is not round-the-clock services from medical professionals	Cost range depending on location and size of apartment. On the low end, roughly \$1,500 per month and on the high end, roughly \$6,000 per month

Considerations:

1. Elderly clients should consider the extent of the care needed and their ability to participate in their care. If the client will need around the clock care and are able to contribute to their care then an assisted living facility may be a good option. However, if the client is not able to contribute to their care then, a nursing home may be a better option.
2. Elderly clients should consider their income. The amount of income will affect what type of facility the client can afford to live in. Some average pricing is listed above and clients and their family should review this prior to making a decision.
3. Elderly clients should consider the type of lifestyle they want to live. Living in certain facilities does limit one's freedom and time with family/friends.

Websites:

<https://health.usnews.com/best-assisted-living/articles/6-factors-to-consider-when-choosing-an-assisted-living-facility>

The link above is to the U.S. News website. I believe this is a great resource for elderly clients to review because it gives very detailed information about factors to consider prior to making a decision. This website focuses on the ins and outs of the facility itself which will provide a better look on what clients can expect.

<https://www.seniorliving.org/housing/>

The link above is to the Senior Living Organization website. I believe this is a great resource for elderly clients because this format gives specific questions for the client and family member to ask when deciding. The questions are listed in order based on the type of facility. There are specific questions about senior apartments, long-term care facilities, assisted living, and much more. If clients and family members do not know where to start, this is a great guide.

<https://www.seniorcare.com/assisted-living/resources/quiz-what-type-of-care-is-right-for-me/>

The link above is to the Senior Care Quiz website. I believe that this is a great resource for elderly clients because this website provides a direct quiz for the client to take. Based on the results there is a video that goes into further detail. This is a great way for elderly clients to physically see another elder talking about her situation.