

	What they offer	Limitations	Payment
Skilled Nursing (nursing home)	<ul style="list-style-type: none"> • Senior care • Meal preparation • Non-medical assistance • Speech therapy • Rehab specialists • Audiologists • ADL assistance 	<ul style="list-style-type: none"> • Price • Loss of independence • Location away from family 	<ul style="list-style-type: none"> • Medicare • Medicaid • Different types of insurances • Out of pocket
Rehab Facility	<ul style="list-style-type: none"> • Offer PT, OT, Speech therapy • Meal Preparation • ADL assistance • Wound Care 	<ul style="list-style-type: none"> • Adjustment • Affordability • Length of stay • Might not be able to see family 	<ul style="list-style-type: none"> • Insurance • Medicare and Medicaid • Out of pocket expenses
Memory Care	<ul style="list-style-type: none"> • Full time care for patients with memory deficits • ADL assistance • Palliative and Hospice care offered • Continuous monitoring • Assistance with feedings 	<ul style="list-style-type: none"> • Availability • Expensive • Location your family might get in at 	<ul style="list-style-type: none"> • Private pay • Loans • Out of pocket • Insurance
Assisted Living	<ul style="list-style-type: none"> • ADL assistance • Small apartment living • Common area/dining room to interact with other seniors • Mostly independent 	<ul style="list-style-type: none"> • Affordability • No one on one care might be offered • Limited visitation time with family 	<ul style="list-style-type: none"> • Private insurance • Can be state funded • Certain amount of money per month
Home Care	<ul style="list-style-type: none"> • ADL assistance 	<ul style="list-style-type: none"> • Not 24/7 care 	<ul style="list-style-type: none"> • Insurance

	<ul style="list-style-type: none"> • Help with medications • Cleaning • Transportation to appointments • Helps bathe 	<ul style="list-style-type: none"> • Expensive • Need to find compatibility with client and caretaker • Find a home health care company to take you 	<ul style="list-style-type: none"> • Medicare and Medicaid • Out of pocket
Adult day care	<ul style="list-style-type: none"> • Provides care giver relief • Provides food • Engages seniors in activities • Allows seniors to interact with each other 	<ul style="list-style-type: none"> • Only assistance some of the day • Not long - term care • Care givers may feel care giver stress 	<ul style="list-style-type: none"> • Insurance • Out of pocket • Medicare and Medicaid
Retirement community	<ul style="list-style-type: none"> • Meal services • Cleaning services • Provides social activities • Provides physical activities 	<ul style="list-style-type: none"> • Completely independent • No ADL assistance • No hands-on care 	<ul style="list-style-type: none"> • Out of pocket expenses • Private pay

Considerations they want they need to think about:

1. Cost and if insurance will cover only a certain amount
2. Quality of care
3. Location, if its close are far away from their nearest family members

Useful resources:

<https://aginginplace.org/10-resources-for-living-independently-as-a-senior/>

<https://www.payingforseniorcare.com/resources>

<https://www.arborcompany.com/blog/6-community-resources-for-the-elderly-you-may-not-know-about>

https://www.googleadservices.com/pagead/aclk?sa=L&ai=DChcSEwjX2O-T6YDtAhXRvcAKHVkVDTgYABAAGgJpbQ&ae=2&ohost=www.google.com&cid=CAESQOD2PU4W30mWt5_p3UjpwDoyvMhnt7wwZfFgonT4e1WA2WEuMgSAgZWaSoLOD6ct3R_PVhks35aQae

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[Es5D37e8&sig=AOD64_3CJpv5DqyfufR5mfmq_Tjrxz8bJQ&q&adurl&ved=2ahUKEwjr1OaT6YDtAhUGRa0KHRZtDY8Q0Qx6BAgTEAE&dct=1](https://www.google.com/search?q=Es5D37e8&sig=AOD64_3CJpv5DqyfufR5mfmq_Tjrxz8bJQ&q&adurl&ved=2ahUKEwjr1OaT6YDtAhUGRa0KHRZtDY8Q0Qx6BAgTEAE&dct=1)

<http://www.caregiverslibrary.org/Caregivers-Resources/GRP-Caring-For-Yourself/HSGRP-Support-Systems/What-Is-Adult-Day-Care-Article>