



Elder Care: Finding a Safe Place



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As a loved one ages, finding a safe and supportive environment becomes a priority. Whether it's assisted living, a nursing home, or in-home care, understanding how to select the right option is crucial to ensuring their comfort, safety, and well-being.

1. Assessing the Needs of Your Loved One

Start by identifying the specific needs of the elder:

- **Physical health:** Do they require assistance with mobility, bathing, or managing chronic illnesses?
- **Mental health:** Are there cognitive challenges such as dementia or depression?
- **Social needs:** Would they benefit from interaction with peers and community activities?
- **Medical needs:** Does the facility offer 24/7 medical care or access to doctors and therapists?

2. Exploring Care Options

- **In-Home Care:** For those who prefer staying at home, professional caregivers can provide personal and medical assistance.
- **Assisted Living:** Offers a balance of independence and support, including help with daily tasks and social opportunities.
- **Nursing Homes:** Ideal for elders needing intensive medical supervision or long-term care.
- **Continuing Care Retirement Communities (CCRCs):** Provide a continuum of care, from independent living to skilled nursing, in one location.

3. Key Factors to Consider

- **Safety Measures:** Ensure the facility complies with safety standards, has secure entrances/exits, and emergency protocols.
- **Staff Qualifications:** Check staff-to-resident ratios and credentials. Observe interactions for kindness and professionalism.
- **Cleanliness:** Look for well-maintained facilities with good hygiene practices.
- **Amenities:** Evaluate dining options, recreational activities, transportation, and other support services.
- **Proximity:** Choose a location accessible to family and friends for regular visits.

4. Research and Visit Facilities

- **Online Reviews:** Check reviews and ratings on credible platforms.
- **Licensing and Accreditation:** Verify state certifications and accreditation by organizations like CARF or JCAHO.
- **Tour the Facility:** Speak with staff, observe residents, and experience the environment firsthand.
- **Ask Questions:** Inquire about costs, policies, and how they handle emergencies.

5. Financial Planning

Understanding costs is vital, as elder care can be expensive. Explore:

- **Medicare/Medicaid:** Check coverage options for skilled nursing or long-term care.
- **Veteran Benefits:** Look into VA programs for eligible veterans.
- **Private Insurance:** Assess long-term care insurance or personal savings.

6. Building a Support Network

Involve family and friends in the decision-making process. Support groups and elder care consultants can also offer valuable guidance.

Choosing the right care for an elder is a significant decision that requires thorough research and planning. By focusing on their needs, prioritizing safety, and evaluating options carefully, you can provide a safe, nurturing environment that enhances their quality of life.

Call our toll-free number 800-364-6352 for assistance.

