



MANAGING YOUR CHOICES

Each person’s long-term care experience is different. While 77 percent of Americans prefer to receive care in their own home, others would rather live with a family member or in some type of supportive housing.¹ Many options are available other than nursing homes.

Choosing your care

A variety of long-term support services are available to meet each individual’s needs. When services are required, the first step is to consult with a primary physician to determine a plan of care. This plan will recommend care solutions based on specific health assessments and diagnoses. Before making any decisions, individuals should research and understand the options. The network of long-term care services can be complex and overwhelming, but quality services add up to a greater quality of life.

When researching options, keep in mind that choices may vary by state. Each state has its own terminology, licensing requirements and regulations. Some cities and states offer a wider variety of support than others.

1. Long-Term Care in America: Expectations and Preferences for Care and Caregiving.” NORC at the University of Chicago. <http://www.longtermcarepoll.org/pages/polls/long-term-care-in-america-expectations-and-preferences-for-care-and-caregiving.aspx>. Web. Retrieved 25 November 2016.

Care settings: pros and cons

Type of care	Pros	Cons
At-home care	The care recipient can remain in a comfortable, familiar environment and maintain some independence. Various services can help provide the needed care.	Depending on the level of care needed, support services can be costly, especially during nights and weekends. At-home care personnel typically are paid by the hour.
Living with a family member	Moving in with a loved one to receive care can be a comfortable, familiar option. Freed up from responsibilities, the individual can enjoy time with family and feel happier and more satisfied.	Family members who provide care may become emotionally and financially burned out, especially if they also work full time.
Adult daycare	This type of care allows the older adult to live at home or with a family member, but also remain engaged, active and safe 8 hours a day while the primary caregiver works.	The individual will need transportation to and from the adult daycare center. A full day of activities may prove exhausting.
Assisted living facility	In this type of facility, the older adult can receive tailored care, with services ranging from assistance with chores to hands-on care. Living near and socializing with others is known to improve well-being and happiness.	Individuals may feel sadness or depression at being separated from their home and loved ones, along with the loss of independence.
Nursing home	Living in a full-time facility ensures immediate access to medical-grade nursing care.	Moving into a nursing home can be a difficult transition. The transition can lead to loneliness, frustration and even depression.
Hospice care	Full-time, supervised care provides much-needed comfort in the final stages of life.	Hospice settings are for individuals who are terminally ill. Some may prefer to spend their final days at home surrounded by loved ones.



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