



THE

Aging Resource for Shawnee, Jefferson, and Douglas Counties

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# Understanding Care Options for Older Adults

How to help them remain independent by being  
dependent



## WHY AGING SERVICES ARE IMPORTANT!

- \*By 2030, 1 in 5 Americans will be 65 or older
- \*90% of adults age 65 and older hope to stay in their homes for as long as possible
- \*There will be corresponding increase in the need and demand for fiscal, health and social supports

# Reasons why we want to Age in Place

Familiarity

Friends

Favorite restaurant

Church

Grocery Store

Neighbors

Routine

# Planning to keep them at home

There are important considerations to factor in since you can't know exactly what the care needs will be in the future.

Let's look at some key considerations and questions to help start the conversation

How will you take care of your home's interior and exterior maintenance if physical activity becomes challenging?

What will you do to maintain your sense of purpose and stay socially active if your mobility declines?

If you are no longer able to drive safely, who will provide transportation to doctors' appointments and other errands?

If you fall and cannot get up on your own, how will you alert someone?

Should your cognitive function decline, who will manage your household finances, ensuring bills are paid, necessary services are provided, etc.?

Who will help you get dressed, prepare meals, and perform other activities of daily living (ADLs) if you are no longer able?

Do you currently have any health conditions that might become more difficult to manage over time?

If you eventually need in-home care or assistance, who will manage scheduling and payments, and oversee the quality of the care being provided?

# COST

## Possible Expenses

In home care needs

Remodeling

Exterior

Interior

Utilities

# Hazards

## Fall risks

area rugs

cords

lighting

stairs

fear of falling

poor vision

clutter

too much furniture

pets

# Other Considerations

Is the bedroom upstairs or downstairs?

Will the home need to be modified to accommodate potential mobility challenges?

Are there memory deficits and potential wandering risks

# Downsizing

Does that China set has a lot of memories? Take a picture of the China set, put it in a photo album.

It is important that they get to decide who gets their belongings before they are unable to.

# Modifications

Chair lifts

Lift chairs

Shower chairs

Ramps

Walk in bathtubs

Grab bars

Toilet risers

Camera phones and Alexa smart  
appliances

Nonslip flooring and shoes

Walkers

Medical alerts

Meal service delivery

# Always dependent

Rely on a pharmacist for medicine.

Rely on a mechanic to fix our car

Rely on a doctor.

Rely on a shopping cart for groceries

Relied on a babysitter to watch our kids

Relied on a calendar

Relied on a job to pay our bills.

A home is a place where you should feel safe, cared for, and comfortable.

Although they may love their house, the amenities, readily available care services, and peace of mind that come along with moving may outweigh the benefits of remaining in current residence.

# RESEARCH BEFORE YOU NEED IT

Investigate sooner rather than later  
and include your loved one as much  
as possible

Weigh your options and don't wait  
for an emergency

Make important decisions before  
problems arise but be flexible if  
things change

Don't make promises you may not be  
able to keep

## Impact on Caregivers

- Emotional Toll: Grief, frustration, guilt, and loss of connection with loved ones.
- Behavioral Challenges: Wandering, aggression, confusion, repetition, sleep disruption.
- 24/7 Care Needs: Many caregivers feel like they are “always on,” with little time for rest or self-care.
- Increased Burnout Risk: Caregivers of those with dementia experience higher rates of depression and anxiety

# When it is time to move what are the options

**Independent Living** - Independent living communities (also known as active adult, 55+, 62+, senior living, or retirement communities) offer healthy seniors the freedom to maintain a recreational and social lifestyle with the added convenience of services such as housekeeping, prepared meals and transportation. The average age of seniors in these communities is 74-75 years old, and living options vary from private homes to apartments and suites. Residents enjoy the assurance of 24-hour security and staff availability if assistance is needed. The main distinction between independent living and other types of senior living is that the focus is not on providing regular medical care or help with activities of daily living like bathing and dressing, although some facilities *do* have onsite assisted living and medical staff to step in as needed. This emphasis on maintaining independence makes it a great choice for self-reliant seniors who desire community living, but do not currently need daily access to nursing staff or personal care assistance.

**Assisted Living** - offers a middle ground for seniors who need help with activities of daily living, but do not require the intensive medical care of a nursing home.

Assisted living communities enhance quality of life by providing social engagement, nutritious dining and wellness programs to combat senior loneliness.

Costs vary by location, and it is important to note that Medicare generally does not cover the room and board fees for assisted living.

Assisted living facilities often offer tiered levels of care, including specialized memory care for residents living with Alzheimer's disease or other forms of dementia.

A pre-admission assessment is required to evaluate a senior's health and ensure the facility can meet their specific individual care plan needs.

**Memory care** is designed to provide a safe, structured environment with set routines to lower stress for people with Alzheimer's or dementia. There are stand-alone facilities and many assisted living facilities, continuing care retirement communities and nursing homes have special memory care “neighborhoods” for dementia patients. Activities at these facilities, for example art and music, are designed to improve cognitive function and engage residents at different stages of the disease. Because people with dementia are prone to wander (6 in 10 do so, according to the Alzheimer's Association), memory care facilities have alarmed doors, elevators that require a code and enclosed outdoor spaces to keep residents on site. Many offer tracking bracelets that give residents the freedom to explore but still allow staff to monitor their location.

Skilled nursing care is for people who need 24/7 medical oversight – whether recovering from surgery, managing a chronic illness or living with complex health needs. For some, it’s a short-term bridge between hospital and home; for others, it becomes a long-term source of stability and support. Unlike other care settings, skilled nursing follows strict regulations, is usually Medicare- or Medicaid-certified and focuses on helping patients recover, stabilize, or manage ongoing conditions.”

What’s the Difference Between a Skilled Nursing Facility and a Nursing Home?

A skilled nursing facility is a temporary residence for patients undergoing medically necessary rehabilitation or care, while a nursing home is more of a permanent residence for people in need of 24/7 care. These services are often under the same physical roof.

# How can we help?

## JAAA Provided OAA Services



# JAAA Provided OAA Services

- **Information and Outreach**
  - ◆ **Person-centered, unbiased education and referrals regarding options for services and supports.**
  - ◆ **Assistance with accessing benefits**
  - ◆ **Participation at numerous health and resource fairs**



# JAAA Provided OAA Services

- **Caregiver Support Services**
  - ◆ **Services designed to support caregivers of individuals age 60 and older**
  - ◆ **Purpose is to help prevent caregiver stress and burnout which can often lead to abuse or neglect situations**



# JAAA Provided OAA Services

- **Caregiver Support Services**

- ◆ **Available Services**

- ★ **One-on-one information support**
- ★ **Attendant Care**
- ★ **Homemaker Services**
- ★ **Respite Care**
- ★ **Purchase of items**
- ★ **Caregiver support Groups**
- ★ **KRAD**



# Senior Care Act State General Funds

- Eligibility 60+ and measurably decreased functional independence
- Sliding Scale Fees based on income/assets
- Services Available
  - ◆ Assessment
  - ◆ Case Management
  - ◆ Attendant Care
  - ◆ **Homemaker**
  - ◆ Personal Emergency Response Monitoring