

CARE ABOUT CARE?

All About

Care Options, Costs, And Management

Presenters

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Plan ahead for care before you need it.

- *Note: be aware of the pandemic we're living with right now and be safe while planning.*
- Planning ahead requires conversations with oneself and others.
- Conversations on planning ahead create connections.
- Connections create a personal network.
- Personal networks create a community of people who look out for each other.
- Begin developing/enhancing your personal network now.
- It's never too soon to plan ahead.

Alert!

You may have had experience with care giving and receiving. That's ok because the topic is vast.

Care 101. You will leave today with more questions than answers – a good thing.

You may discover that the out-of-pocket cost of care is higher than you expected.

That's why planning ahead so vital:

Plan A

Plan B

Plan C...

Session goals:

- To learn the options for long-term and short-term care nearby.
- To understand the costs of long-term and short-term care.
- To understand whether the cost of care is covered by health care insurance or must be paid out-of-pocket.
- To create scenarios for care management

To determine the need for care:

Activities of Daily Living (ADL)

- Bathing
- Dressing
- Grooming
- Mouth care
- Toileting
- Transferring bed/chair
- Walking
- Climbing Stairs
- Eating

Instrumental Activities of Daily Living (IADL)

- Shopping
- Cooking
- Managing medications
- Using the phone and looking up numbers
- Doing housework
- Doing Laundry
- Driving or using public transportation
- Managing finances

Options for Care - Insurance-based

- Hospital
- Skilled nursing/rehab
- Palliative care
- Hospice service
- In-home medical care (IHSS through Medi-Cal)

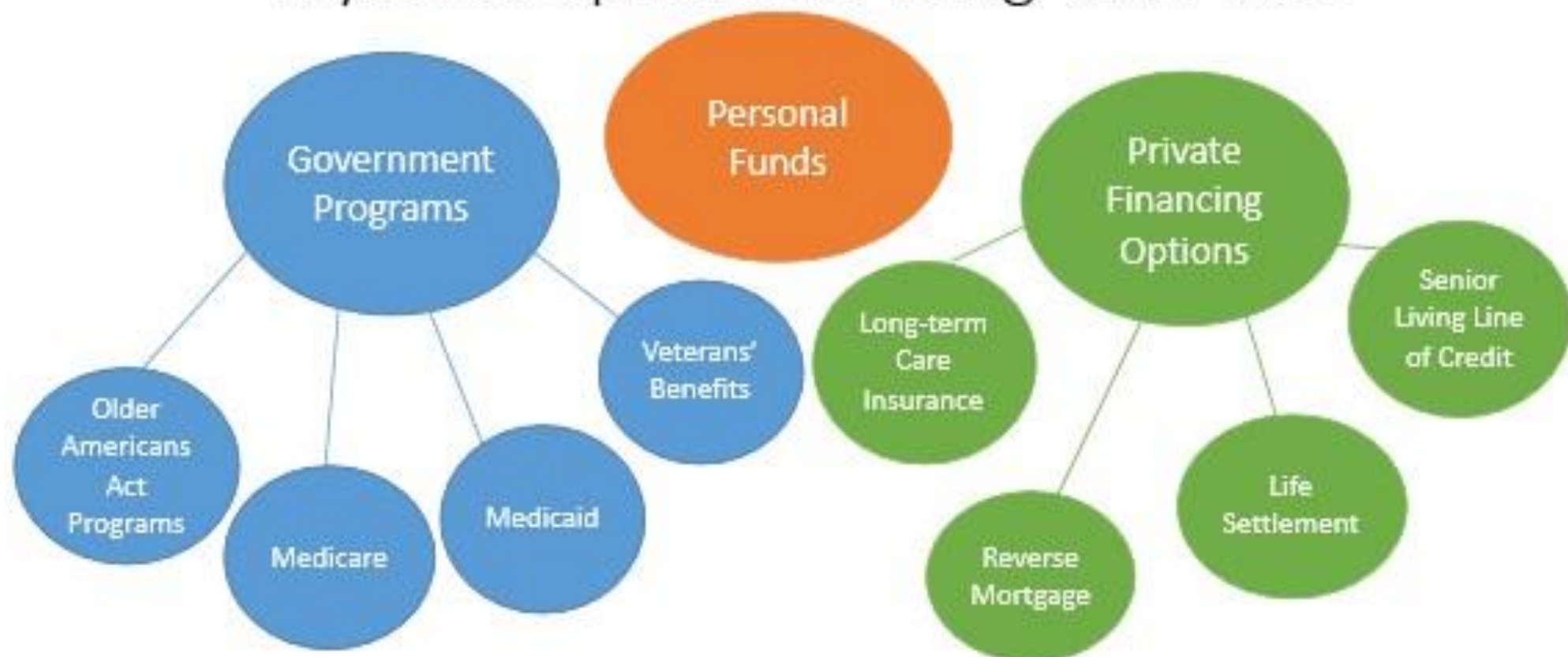
The Next Step in Caregiving: Private Pay

Fact-finding: Use an experienced local source

What options are available and how much do they cost?

- In-home care
- Independent and assisted living communities
- Board and care homes

Payment Options for Long-term Care



Care Management: What is your plan if...

- You become ill at home, who will look in on you to assess the situation and coordinate care if you can't?
- You become ill at home and/or need assistance with any one or more ADL or IADL?
- You fall at home, are conscious but can't get up?
- You fall at home and are unconscious?
- You fall outside the home, are conscious but can't get up?
- You fall outside the home and are unconscious?
- You develop memory loss?

What your plan?

During a hospital stay?

- Who will meet with the hospital medical team on your behalf?
- Who will coordinate services for your well-being and comfort?
- Who will look in on you to confirm your well-being and comfort?
- How will communicate with loved ones and friends?

After a hospital stay or post surgery?

- Who will pick you up after being discharged from a hospital?
- Who will coordinate your assistance for one or more ADL or IADL?
- Who will look in on you?

Strategies for care management

- Complete the Advance Health Care Directive
- Complete the Durable Power of Attorney
- Check with your health plan for care services.
- Have conversations with friends, family, extended family.
- Invite a small group of friends, family, extended family to meet weekly to plan for care management.
 - Visit care options together; i.e. call Leann
 - Discuss care management and develop an action plan.
 - Attend PALS seminars of interest for information and encouragement.
 - Attend PALS discussion groups.

Strategies for care management amidst the pandemic

- Have conversations with your care team regarding willingness to participate.
- Identify a care team who is part of a quarantine bubble.
- Discuss personal protection and safety equipment and protocol.
- Develop a virtual plan for advocate needs and interventions.
- Review options for care because of a shortage of professionals.

FOOD FOR THOUGHT

- We leave you with more questions than answers...with a lot of investigating to do.
- Planning ahead reduces stress.
- We are in Medicare open enrollment (October 15 – December 7). Schedule an appointment with a HICAP (Health Insurance Counseling and Advocacy Program) counselor to make sure that your Medicare plan meets your current and possible future needs.

Call 909-256-8369.

It's never too soon to plan ahead!

THANK YOU
FOR
JOINING US TODAY!