



Aging Wisely, LLC®

Home Sweet Home

Aging in Place Checklist

Review the home for falling hazards. Key problem areas are bathrooms and kitchens. Consider a personal emergency response system. A professional home safety assessment can help you identify trouble areas.

Discuss driving habits and concerns. Mobility and activity are important to an elder's continued health and well-being, so it is important that a senior doesn't become isolated in the home, but also important that he/she is safe on the road. Consider senior transportation services as an option.

Find out what areas of maintaining the household may be difficult for your elderly loved one. Perhaps some assistance with cleaning or ongoing maintenance will help. It may be time for Dad to stop cleaning the pool in the extreme heat or time for Mom to have help with the heavy housekeeping or lawn care.

Healthy nutrition is vital to good health, especially for seniors with chronic conditions. Seniors who live alone may neglect nutrition and rely more heavily on convenience foods. As we age, we require less calories and higher levels of certain nutrients.

Analyze how well your loved one can manage his/her medications. Medication problems are a common cause of hospitalization and falls in elders.

Prepare for emergencies. If your family lives at a distance, discuss how you will handle a hospitalization or medical crisis. Families at a distance may want to consider a geriatric care manager to assist and check on elderly loved ones on a regular basis. Additionally, ensure your loved one has a plan and supplies for natural disasters.

Definitions: Care at Home

A **Home Health Agency (HHA)** is licensed and regulated by the state and has many requirements, including regular state surveys. A **Medicare-Certified Agency** provides skilled, intermittent care under Medicare (for therapy, skilled nursing) and a **Private-Duty Agency**, such as EasyLiving, provides "custodial" care to keep seniors safe and comfortable at home, whether for short-term needs or long-term care. Private duty care is covered under most long-term care insurance policies as well.

Medicare pays for short-term skilled care for homebound patients or inpatient rehabilitation after a hospital stay (contact us for more details). The majority of senior care is provided by families or paid for by clients and families out-of-pocket. Consulting with our eldercare experts can help you identify an appropriate care plan and options, budget for care you can afford and identify programs to help. **Medicaid** is a means-tested program (you must qualify financially and meet other criteria) which offers various healthcare and long-term care programs.

How can we help?

- ◆ Eldercare Consultations
- ◆ Assistance with Medicare and insurance plans
- ◆ Assessments & care plans to fit your budget
- ◆ Help with financial benefit programs, navigating care options
- ◆ Patient Advocacy
- ◆ Setting up in-home care, transportation and other services to support clients at home
- ◆ Home Safety Assessment
- ◆ Help with transitions to Assisted Care facilities
- ◆ Crisis/emergency intervention
- ◆ Support for long-distance families (local advocacy and oversight)
- ◆ Alzheimer's Specialty Care and Support
- ◆ Family communications and counseling support
- ◆ Care coordination
- ◆ Disability assistance

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Serving clients throughout Tampa Bay and families nationwide

*2011 National Award Winner,
Patient Advocate Organization*

*Member, National Association
of Professional Geriatric Care
Managers*

Care at Home: Web Resources

www.medicare.gov

Plan comparison tools, fact sheets on Medicare and provider comparison tools.

www.benefitscheckup.org

Input information on your loved one/client and receive resources/programs that may assist in paying for things such as medications, healthcare, and utilities.

www.eldercare.gov

Eldercare locator, a service of Administration on Aging. Locate help in your area and find fact sheets and assessment tools. Or, toll free: 1-800-677-1116.

www.agingwisely.com

Information on hot topics in aging and eldercare, including Medicare/Medicaid programs, geriatric care management. Also, find articles on how to deal with resistant family members, ways to approach loved ones when you are worried about their driving safety. Free monthly newsletter for caregivers and eldercare professionals.

www.easylivingfl.com

Caregiver tips, blog on home care issues and help for caregivers. Learn more about in-home care for seniors. Free falls prevention checklist available. Sign up for a monthly Caregiver Tips newsletter!