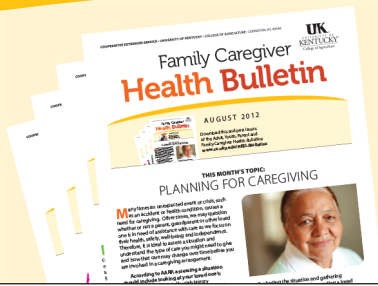


Family Caregiver Health Bulletin



APRIL 2015

Download this and past issues
of the Adult, Youth, Parent and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

THIS MONTH'S TOPIC: PLANNING FOR HOUSING



Are you interested in making a plan for yourself or a loved one for the upcoming golden years? Part of that planning should include where to live and how to finance it. If and when staying at home is no longer the healthiest or best financial alternative, there are several considerations as well as options. It is important to choose not only an appropriate community for your personal lifestyle, but to also select a place that provides you with the best quality of life.

Today, older adults and families can choose from a wider range of housing options than ever before. Options range from independent living facilities that offer housing designed exclusively for independent seniors, often including amenities, activities and services for active seniors to assisted living facilities that offer 24-hour housing, support and health care as needed to skilled nursing facilities that are licensed healthcare facilities and offer round the clock care.

Continued on the back ➔



***Always visit more than one place.
They all have different atmospheres and cultures.***



Continued from page 1

No matter what type of senior housing you are considering, there are several items to consider. Upon arrival at a facility, your first impression should be one that makes you feel comfortable and secure. Ask yourself and the staff the following questions:

- Is the community clean and well maintained, inside and out?
- Are the residents participating and enjoying themselves alone and in group settings?
- Is the staff friendly, pleasant and well groomed? Do they address residents by their proper names?
- What is the staff-to-resident ration, including nights and weekends?
- Is the staff licensed or certified? If not certified or licensed, what kind of training does staff receive?
- How are meals served? Is there a dietitian on staff? What types of meal plans are offered?
- What type of transportation is available? How is it scheduled? What are the limitations? Are there fees?
- Are housekeeping services available, and what do they include? What is included in the

monthly service fee? Do you have a listing of additional charges?

- Are you able to meet the facility manager and other pertinent staff members? Are you permitted to visit on a weekend and share a meal with another resident prior to your decision?

Always visit more than one place. They all have different atmospheres and cultures. Spend time looking around. Try to observe at different times of day to see how social activity, care and meals are handled. Be proactive in your approach to senior living. Plan ahead to be financially prepared and mindful of the kind of environment you or your loved one will need.

SOURCE:

Gina Noe, FCS Extension Agent, Madison County

REFERENCE:

Pathways: Bluegrass Area Agency on Aging and Independent Living. (2014-2015). Retrieved from <http://bgadd.org/wp-content/uploads/2015/01/pathways.pdf>

Family Caregiver
Health Bulletin

Written by: Gina Noe,
Madison County Extension Agent
for Family & Consumer Sciences
Edited by: Connee Wheeler
Designed by: Rusty Manseau
Stock images: 123RF.com

