

Long-Term Care Planning

Discussing and determining long-term care needs with your parent or older family member can be difficult. Use this guide to help create a detailed plan and make the process less stressful.

Assess Your Parent's Health and Routine

Any noticeable changes to your parent's health or daily routine could indicate a need for care services. Some examples to look for include:

- Difficulty performing daily tasks like cooking and cleaning
- Episodes of forgetfulness or confusion
- Decline in personal hygiene
- Difficulty managing medication(s)
- Changes in emotions
- Increased frustration or agitation
- Struggles with mobility or walking
- Decline in physical abilities (e.g., falls)
- Changes in weight or appetite
- Difficulty communicating
- Changes in sleeping pattern

Clarify Your Role as a Caregiver

Describe any limitations or concerns you have about your capabilities, time and support network to help determine where you – and your parent – could benefit from assistance. Keep future considerations in mind as care needs will likely increase over time.

Talk with Your Parent

Living arrangement preferences _____

Pros and cons of staying in their current home _____

Finances (available resources and potential costs) _____

Research Options

Seek what senior living options are available in your area. Make a list of your parent's needs and preferences to help narrow down the search.

If you need a break from caregiving to help determine the best fit for your parent, many senior living communities offer short-term stays. This is also a great way for your parent to experience senior living without a long-term commitment.

Evaluate Costs

Compare your parent's current monthly expenses to senior living. Keep in mind that not all communities include the same services and amenities in the rent, so ask the community if you have any specific questions about what's included.

<u>Current Home</u>		<u>Senior Living</u>	
Rent/mortgage	_____	Rent/mortgage	_____
Basic utilities	_____	Basic utilities	included
Groceries and meals	_____	Groceries and meals	included
Transportation	_____	Transportation	included
Social events	_____	Social events	included
Housekeeping	_____	Housekeeping	included
Home maintenance	_____	Home maintenance	included
Total	_____	Total	_____

Share Findings with Your Parent

You've done the research, determined what your parent needs and defined your role. Now it's time to present it all to your parent and agree upon a plan. It may take multiple discussions to devise a plan, but you should feel confident and organized by following the steps in this guide.