

Options for Elder Care

Spending time with elders during the holidays provides an opportunity to see how your loved one is coping with the challenges of aging. Declining health and other concerns may make you wonder if your loved one can continue to manage on their own. Three key issues to discuss with your elder are:

- › **Physical safety.** Can the elder function independently without fear of injuring him or herself? Is the neighborhood safe? Are there stairs to contend with on a daily basis?
- › **Personal care needs.** Is the elder's physical condition failing to the point where he or she needs care assistance? Is he or she mobile enough to access all areas of the home? Can he or she still clean, cook and pay bills on his or her own? Can he or she safely administer any required medications or call for help if needed?
- › **Finances.** Can the elder afford to continue living in his or her present location? What condition are his or her personal finances in? Are resources available for unexpected health situations?

If any of these three areas have become a concern, it is probably time to urge the elder to get assistance at home or move into a safer, more convenient location.

Resources

Local home health care agencies, hospitals, social-service agencies, non-profit organizations and community groups provide many in-home services for free, for a donation, or on a sliding scale. Private institutions and businesses that charge a fee for their services offer additional resources.

If your elder can no longer live on his or her own, there are many choices in living options, including retirement communities, assisted-living facilities, continuing-care communities, subsidized apartments and nursing homes. You may also consider having your elder move in with a family member, or having a younger person move in with the elder in exchange for caregiving.

Get information and support from your employee assistance program, the Administration on Aging (www.aoa.gov), www.eldercare.gov and www.medicare.gov.

Additional Information

This information is brought to you by ComPsych® GuidanceResources®. This company-sponsored benefit offers confidential help and support 24 hours a day, 7 days per week, at no cost to you or your immediate family. Our GuidanceConsultantsSM can assist you with your concerns at: **877-627-4239**

Online: www.guidanceresources.com

Enter your company ID: **MAP_4_IBEW**

