


MAKE A PLAN TO STAY HOME LONGER

Planning and preparation can help you to live where you'd like longer and minimize risks to yourself and your loved ones

It's important to think about where you live and what your wishes are regarding where you'd like to live. Waiting for a crisis or emergency may limit your choices and lack of preparation can lead to injuries and the premature need for more care. Without safety measures in place, you may be delayed in returning home if you are injured.

So the more preparation you can do ahead of time, the more likely you are to be able to stay home longer!

	Level of Assistance:	Description:	When is it appropriate?
	Aging in Place at home	With preparation, you may be able to stay in your home longer	As long as you or your loved ones are able to safely take care of yourselves, both mentally and physically, you may be able to stay in the home. However, you need to constantly assess whether it's safe to stay in the home. As soon as you or your loved one starts having troubles with tasks around the home, start considering requesting additional help. Also, make preparations before they're necessary to avoid injury and being forced to leave your home.
	Visiting Nurses/Home Health Services	Services from community nurses and other healthcare providers who can come into your home to help multiple times a week	Visiting nurses or other healthcare personnel may be needed to help with some tasks that only need to happen a couple times a week. Possible tasks include bathing, therapies, medication administration and organization, providing education, and making sure the living situation is safe. Visiting nurses do not provide overnight care. Once you or your loved one needs help with multiple daily tasks or can't be safe at home overnight without assistance, consider seeking more care.
	24 Hour In-home Care	Professional personnel in your home around the clock to provide assistance and assure safety at all times	When you or your loved one needs assistance overnight, consider seeking 24-hour in-home care. Signs you may need help may include early stages of memory loss, issues with toileting overnight, or immobility resulting in difficulties moving in bed that may result in bed sores. Sufficient healthcare professional assistance is especially important if a spouse or other family member is physically unable to provide overnight care or safety.
	Independent Assisted Living	Communities where you can have access to limited in-home care while maintaining your own living space	Independent assisted living communities are designed to encourage independence while providing community and services. This will require moving from your home. However, it will offer a living situation designed to accommodate limited abilities. Once you or your loved one are unable to keep up with the tasks required for home ownership, it may be necessary to consider selecting a community that will be able to serve you for the long-term.
	Long-term Residential Care	Provides total care for whatever stage of life you or your loved one may be in and provides for needs	<p>Traditionally referred to as a "nursing home," long-term residential care may be needed later in life. This is especially true if care requires more than one caregiver or if conditions such as dementia cause a need for a higher level of supervision and stronger safety measures.</p> <p>Long-term care can also specialize for memory care specifically to care for loved ones with advancing dementia.</p>

Taking steps to make your home safe can help you or your loved one stay in the home longer. To take preventive action, take a look at the provided checklist to make a "Honey-do" list to keep the home safe!