

## WHERE TO START?

If you are reading this white paper, then it can be presumed that your loved one may need more care than they can provide for themselves. The staff at **We Know A Place** is here to help you through the process of making the best decision for your family.

We understand that this is not an easy process and in fact most of our team members have been in your same shoes. Let's face it everybody has a mom, dad or other special loved one and everybody ages.

This can only mean that it is only a matter of time before an aging loved one will need extra care.



Here are 5 simple things to consider before we start your search:

- 1 *Care Needs*
- 2 *Budget*
- 3 *Location*
- 4 *Family Dynamics*
- 5 *Loved One's Preferences*

# 1

## Care Needs

Try to get a fair assessment of your loved ones needs and what type of care he or she will need. When possible try to spend a weekend or a few days here and there with your loved one. This will give you a better sense of your loved one's needs. Also make sure to make an appointment with your loved one's doctor.

When speaking with your Senior Care Advisor, they will need to know the following:

- Is your loved one mobile?
- Does your loved one wander?
- Is your loved one combative?
- Is your loved one awake and active during sleeping hours?
- Are there any special medical needs, such as insulin shots, etc.?

These are just a few things to discuss with your Advisor, the more information the better.

# 2

## Budget

All Assisted Living options are private pay and are not covered by traditional insurance such as Medicare or other private health insurance. Most people are shocked when they discover this information. This means that most people have to consider using personal savings, monthly income like social security, and at times a little extra money from family. Although most assisted living options are private pay, the cost is almost always all inclusive. So you will not have to consider things like utilities, food, etc. Of course, if you decide on In Home Care, this will only include the cost of care.

When working with your Senior Care Advisor try to have at least a ballpark monthly budget available. This will give us an idea on what type of options could be available to you. Also make sure to ask your Advisor about all your options. There are assistance programs for veterans and other sources that may supplement your loved ones care costs.

### 3

## *Location*

Try to determine a couple of location options on where you want your loved one to live. Do you want your loved one close to you or another family member? Or maybe you would prefer for your loved one to stay in their local area that they have known for years. Either way it is important to know that the more options you have the better.

Try to keep an open mind when it comes to location, especially if you have a tight budget. The bigger the location area, the more options you will have. When working with your Senior Care Advisor, try to have at least two location options in mind. This will give us a good starting point so we only refer care options in your area of interest.

### 4

## *Family Dynamics*

When trying to decide on the best care options for your loved one, consider your family dynamics. This includes your parents, brothers, sisters, grandchildren, etc. Try to involve all responsible parties in making a decision about your loved one and consider their concerns. It is never good to make a decision about your loved one, only to catch grief from another family member. Try to avoid this scenario when possible.

### 5

## *Loved One's Preferences*

Last but not last please try to consider your loved ones interest and current lifestyle. Consider your loved ones hobbies, family relationships, and what type of activities your loved one will enjoy if any. When speaking to your Senior Care Advisor give us a little background about your loved one. The more information you can give us about your loved one will help us find the best care. Also knowing your loved ones preferences will help us narrow down the options we give you.

The staff at We Know A Place understands that finding the best elder care options can be very overwhelming and stressful. Remember we are here to help. If you have not spoken to a Senior Care Advisor, one will be contacting you shortly. Meanwhile you can always call us directly at **800-500-Place (7522)**.