

Elders: Choosing a New Living Situation

You love your home of twenty-five years or more, but have been realizing for a while now that the upkeep is too much. Due to difficulty managing stairs or even performing minor home repairs, the upkeep has proven to be more than you can physically manage. Family has been a big help, but you know that you are becoming more dependent on them and their time is limited because they have jobs and other stressors. Your family hasn't said anything directly to you, but you know they are worried about you. What are your options?

So Many Choices

One thing to remember when doing research, be sure to look into specific state requirements concerning elder housing or living situations because each state has different terms and definitions specific to licensure requirements of facilities. But generally, the following are living arrangement options that are available.

- Have someone move in with you. This could be a family member or someone else who could share the responsibility of the home.
- You can move in with family or someone else.
- Adult communities/condos will for a fee provide maintenance and/or other services for tenants.

- In-home services are provided by individuals or companies who offer personal care services and light housekeeping periodically.
- Adult Family Homes are becoming very popular because they are usually located in a good neighborhood and offer more personalized assistance. With up to six residents, the services and amenities vary.
- Assisted Living Facilities are generally larger than Adult Family Homes and have more services and amenities. They are located on a campus and may be associated with other levels of elder care such as independent assisted living apartments and/or dementia care units.
- Skilled Nursing Homes offer higher levels of care that require nursing services. Rehabilitation services may also be provided as well as amenities and activities.
- There may be other options if you were in the military or a member of other organizations.

Pros and Cons

Every option or facility is different depending on the state you are living in and what services are provided. Not all Assisted Living Facilities are the same. Not all Adult Family Homes provide the same services. Not all companies live up to the promises that they advertise. It is very important to carefully investigate any option or specific facility to make sure that you know what to expect.

Financial issues are also important considerations. Many of these elder living options can cost several thousand dollars or more a month. The following websites have links to agencies who offer assistance and information on how to pay for housing options.

Helpful Websites:

- http://www.aoa.gov/eldfam/How_To_Find/Agencies/Agencies.asp
This site provides links to State Agencies on Aging.
- <http://www.aarp.com>
This site provides information and encourages elder advocacy.
- <http://www.agingparents.com>
Consisting of a booklet and two videotapes, this guide is designed to help family members respond to eldercare crises and to plan ahead.
- <http://www.aging-parents-and-elder-care.com/>
Articles, checklists, and links.

Family Can Help

Do not try to do this alone. Get help from a trusted family member. There is a lot to consider and you may also need the help of an attorney to plan ahead.



The ants are a people not strong, yet they prepare their meat in the summer.

Proverbs 30:25