

Mom Needs To Move Out of Her Home! Where to Begin?

This type of question is coming to us more frequently. The answer will be different for every individual or family.

The options expand all the time making the choice more of a challenge, but these options also increase the ability to find a solution that is more of a fit for values and needs.

It is rare that we find the perfect solution to this imperfect situation. Compromises are almost always made in this decision making process. Even those individuals who are able to stay in their own homes with excellent care make concessions in their living environments. When our lives require supportive assistance, we all need to begin to think about what we may need to give up in order to live our lives as best we can.

In my mother's case, it was important for me to not just find a community that met her needs, but one that would also accommodate her furry friend, jingles the cat! It was also important to her to have transportation to and from a church of her denomination and an in-house beauty shop for hair and nails. Most of the other areas of assistance she needed are provided in all assisted living communities regulated/licensed by the State. But we chose the few things that would be unique to her well-being.

So, as you travel down this path of finding housing for a family member, start with what gives his or her life pleasure and then move on to the necessary assistance that might be needed now. Don't forget to use your crystal ball and look at the future based on what you know now. Those with progressive illnesses or conditions like Parkinson's disease or



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MS will most likely need more assistance in the future or when their disease progresses.

This planning for the now and the future is important. This is what we do as Professional Care Managers. We work with individuals to help them realize, for example, that the golf course is lovely, but is it at the top of your list for the long haul? Of course, we can't think of everything, but a skilled, experienced Care Manager can help you formulate the right questions to ask when you narrow down your choices – so that you are able to make a good decision.

Most of our families want only one move that will accommodate their family member, from minimum assistance to the significant care that may be needed at "end of life." That is possible for some in an assisted living setting, but sometimes a need can't be met there and a skilled setting might be the better answer. However, financial resources might not last and it might be necessary to seek out other less costly options.

One of the issues I found with my mother was that, because she was having challenges with her memory due to a vascular dementia, she could not learn to regulate her oxygen, or get the kinks out of the lines. She would then call 911 because she was having trouble

breathing. Her assisted living facility just didn't observe her often enough nor were they allowed to regulate oxygen. So Mom needed to be moved to skilled nursing. I am open to moving her once again to a small, but very lovely, board and care home for six to eight people. In this setting, someone will always be near and she won't be as isolated.

The big "however" is: "who knows?" With 30 years' experience I can't tell you she will never need another change. I have determined that I need to access care for her based on her needs, her values and her financial resources. And, "jingles" is still the love of her life so I would like to find a community where they can be together once again.

What I have learned is, don't try to do all your decision-making alone, search out an objective professional who can help you with these minor and major decisions. I am fortunate to work with a team of experts that listen to me and help me see the pros and cons of each choice I have before me. I am also willing to be creative, and, with a supportive team, I intend to make lemonade out of lemons when it comes to my mother's quality of life and care.

Eldercare Services provides Counseling, Support Groups, Home Care and Care Management to aid Family Caregivers. If you or someone you know could benefit from time off or self-care, give us a call at (866) 760-1808 or email us at Info@EldercareAnswers.com.



Eldercare Services works with Seniors and their families in Walnut Creek, Alameda County, San Francisco, Marin County and the Tri-Valley, CA.

Visit us on the web at www.EldercareAnswers.com for more information.

Community Classes

Walnut Creek

What You Wanted to Know About Dementia But Were Afraid to Ask

3rd Friday of every month from 10 AM to Noon

1808 Tice Valley Blvd., Walnut Creek, CA 94595

Cost for Classes: None

Class Registration:

Please call at least 3 days ahead

For more information regarding classes and support groups, visit us at www.EldercareAnswers.com or call (925) 937-2018 or email us at Info@EldercareAnswers.com

Support Groups

When concerns for aging family members are part of every day life, or when they interfere with work, your health or other relationships, you need to join a support group.

Caring for An Aging Family Member

2nd Thursday of every month from 7 to 8:30 PM

1808 Tice Valley Blvd., Walnut Creek, CA 94595

1st Tuesday of every month from 6 to 7:30 PM

605 A Chenery St., San Francisco, CA 94131

Cost for Support Groups: None

Support Group Registration: Not required

More Info: (925) 937-2018 or (415) 469-8300



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