
Additional information is available by contacting local agencies such as:

- **Eldersource Care Management Services:**
(585) 325-2800
www.Eldersource.org
- **Monroe County Office for the Aging and Adult Services:**
(585) 753-6548
111 Westfall Road
6th floor
Rochester, NY 14620
- **Genesee County Office for the Aging**
(585) 343-1611
2 Bank Street
Batavia, New York 14020
- **Visiting Nurse Services**
(585) 787-2233
- **Alzheimer's Association:**
(585) 760-5400
435 East Henrietta Road
Rochester, NY 14620
www.alz.org
- **AARP**
1-888-OUR-AARP
1-888-687-2277
www.AARP.org
- **DePaul Senior Living Communities**
(585) 426-8000 ext. 3114
Locations in: North Chili (Westwood Commons), Henrietta (Woodcrest Commons, and Canandaigua (Horizons)
www.depaul.org

Wills and Trusts
Estate Planning
Probate and Estate Administration
Powers of Attorney
Health Care Proxies
Living Wills
Executor's Deeds
Ethical Wills*

* Non-legal service

Law Offices of Tracy P. Jong

2775 Buffalo Road, Suite 3
Rochester, NY 14624
Phone: (585) 247-9170
Fax: (585) 247-9171
www.RochesterPatents.com

Law Offices of Tracy P. Jong

Tel : (585) 247-9170

PLANNING
FOR THE DAY
WHEN
SOMEONE
CAN NO
LONGER LIVE
ALONE



How will I maintain my independence as I age?

What happens when my parent can no longer live alone?

These are questions we all ponder.

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when someone can no longer live alone in his or her home

Many people believe you go from your own home straight into a nursing home. In reality, this is generally not the case. Most people benefit from progressive stages of care as they transition from independent living to full time care.

Nursing homes are for patients who require 24-hour skilled nursing care. There are many levels of care in communities. Learning the difference between custodial (non-medical) care and medical care options will help you to make informed decisions when the need arises.

Custodial care is non-medical assistance and personal care associated with maintaining independence. Examples of custodial care include bathing, shopping, housekeeping, meal preparation and transportation. These services are generally not covered by medical insurance since they are non-medical in nature.

What if I want to remain in my home for as long as possible?

Planning is the key. **Home care services** can be arranged to meet individual needs with certified agencies in your community. Home care agencies can provide hourly care either daily or weekly. Home health aides can assist with personal care, errands, light housekeeping and meal preparation.

You may also contact local community programs to inquire about volunteer transportation services for shopping or medical appointments. "Meals on Wheels;" Offices for the Aging, fraternal organizations, religious organizations, not-for-profit and charitable organizations may provide this genre of services. Each community's programs will differ.

Privately arranged services may also be an option if you know a trusted person to hire for assistance. Be extremely wary of unknown people. The risks of theft and elder abuse/neglect are high when they have access to your loved one's home, valuables, and medications.

Skilled Home Services may provide in-home medical assistance and medical insurance may cover a portion of the costs. Skilled nursing medical services in the home can be arranged through a visiting nurse service. Services provided may include medical care such as condition assessment, dressing changes and teaching.

Adult day care programs provide exercise, supervision and socialization. Usually a hot meal is provided during the program. Programs hours vary, but are generally during day time hours Monday through Friday.

Adult or Assisted Living Homes are non-medical facilities that provide long term care to those who are unable to live independently and require some minimal supervision and personal care. These homes are generally apartment-style living units staffed 24-hours a day. The staff provides custodial care and supervision in the form of personal care, housekeeping and meals. Some homes offer additional services through contracts with home health agencies for those residents requiring additional assistance beyond the scope of regular services. There is generally an additional cost for these services.

Continuing Care Retirement Communities provide a range of progressive services including home care, nursing home care, and rehabilitation services to community residents. There is usually a guarantee of access to a higher level of care when it is required.

24-Hour Skilled Nursing Home Care is available for disabled people and those needing ongoing medical care and supervision. Generally, a Patient Review Instrument (PRI) completed no more than 30 days prior to admission is required. It is completed by a qualified health professional. In Monroe County, Eldersource can arrange for a PRI.

Hospice Care is "end of life" care for the terminally ill. This is comfort care in a home like setting when further aggressive medical care is deemed inappropriate.

Specialty Care for certain illnesses may be available. As an example, specialized dementia units may be available for Alzheimer's patients to provide additional security measures for this population.

Respite Care may be available for temporary short term assistance for those caring for loved ones at home. Generally, respite care is intended to provide relief to the primary caregiver for a specific event such as illness of the caregiver, hospitalization, or a family vacation.

There are other ancillary services within your community coordinated through social service agencies, community senior centers, and some local churches. Exploring these services will help you understand what is available, allowing you to make a transition plan that meets your needs.

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