When is the right time to reach out for help?

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Chief Operating Officer

ActivCare®
Residential Memory Care
Overview

- **Warning Signs**
- **In-home Care Options**
- **Supportive Care Options**
- **Community Care Options**
- **Resources**

*When is the right time?*
### Warning Signs: Caregiver

<table>
<thead>
<tr>
<th>Physical Health</th>
<th>Emotional Toll</th>
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<td>Caregiver’s health begins to decline</td>
<td>Resentment and anger are present all the time</td>
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<tr>
<td>Risks of injury arise: lifting, transferring, combativeness, violence</td>
<td>Feelings of hopelessness, chronic fatigue and depression become routine</td>
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*When is the right time?*
Warning Signs: Environment

The current living environment and the surroundings are no longer safe for the person with dementia:

- Stairs
- Exit seeking/gates/elopement
- Gas stoves/open flames
- Trip hazards
Warning Signs: Delusions

- Profound memory loss and hallucinations
  - No longer recognize spouse/family members
  - Frightened by living in a home
  - Increased paranoia or combativeness
In-Home Care Options

**Private Duty Agency**

- Provides private duty caregivers (not nurses)
- Request specialization with dementia and elderly
  - Is agency licensed, bonded and provides worker’s compensation insurance?
  - Must follow CA labor standards for overtime rules, break time, lunch breaks, etc.

Cost = $20 to $24/hr.
Avg cost = **$3,600 per month**
(8 hrs/day x 5 days a week)
In-Home Care Options

Hospice Care

- Appropriate in the last stages of life
- 6 months or less left to live
- As certified by a physician
- Hospice cost is covered Medicare
- Hospice care is supportive and intermittent to work in conjunction with family caregiver or community staff
Supportive Care Options

Adult Day Care

- Provides a brief respite for family caregivers
- May be used 2 to 5 days a week
- Great for establishing a routine and providing meaningful stimulation during day hours

Cost = $70 to $80/day
Supportive Care Options

Alzheimer’s San Diego

- Provides occasional social activities & outings
- Art, music, and exercise programs stimulate resident
- Appropriate for dementia residents
- Caregiver must accompany resident
- Cost is free
Community Care Options

- Skilled Nursing (Nursing Home)
- Assisted Living
- Memory Care
Community Care Options

Assisted Living

- Apartment living with supportive care
- Only appropriate at early stages of Alzheimer’s or MCI

Not Appropriate
- When resident no longer self-initiates or engages
- If wandering is a risk and has been occurred

- Board & Care homes to Multi-level Retirement campuses

Cost = **Ranges from $3,000/mo. to $10,000+/mo.**

(make sure all services are included in pricing)
Community Care Options

Memory Care Community

- Designed for residents with dementia and memory loss
- Staff receives a higher level of training and support
- Nurses on staff to evaluate/assess when there is a change of condition
  - Verify an increased staff-to-resident ratio to meet residents’ needs
- Physical plant is designed to be safe and secure to prevent wandering and resident injuries

Cost = **Ranges from $4,000/mo. to $12,000+/mo.**
Avg Cost = **$6,000/mo.**
Resources
To Assist Your Search

- **State of California** website for Home Care - [https://secure.dss.ca.gov/CareFacilitySearch](https://secure.dss.ca.gov/CareFacilitySearch)

- **Alzheimer’s San Diego** – 858-492-4400 [alzsd.org](http://alzsd.org)

- **New Lifestyles** – [newlifestyles.com](http://newlifestyles.com)

- **ActivCare Communities** – 888-636-5677 [activcareliving.com](http://activcareliving.com)

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