

# ELDER CARE ALTERNATIVES

When a loved one needs extra care but is not ready for a nursing home.

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A HELPFUL GUIDE PRESENTED BY MOUNT HOPE NURSING CENTER



Do you have a loved one who is struggling living day to day in their own home? Transitioning to a traditional nursing home facility is a big decision, and it isn't always the right one.

There are many options to providing your loved ones with the care and assistance they need while still allowing them the ability to remain in their home for all or most of the time.

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[MOUNTHOPENURSINGCENTER.COM](http://MOUNTHOPENURSINGCENTER.COM) (316) 667-2431  
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# WHERE TO BEGIN?

Because finding the right type of care for your loved one can feel like a stressful and challenging task, Mount Hope Nursing Center has created this Elder Care Alternatives guide to help you get started in finding the best fit that is right for your loved one and for you.

## IN THIS GUIDE

### ALTERNATIVE OPTIONS TO A NURSING HOME

Learn about in-home care options that can allow your loved ones to stay in their own home while still receiving the care and assistance they need.

### FUNDING SOURCES & SERVICES OF CARE OPTIONS

Are you worried you can't afford the cost of additional care or assistance? Not all of these expenses need to come from you or the person receiving the care.

### HOW TO DETERMINE WHAT'S RIGHT FOR YOUR LOVED ONE

This guide provides questions for you to answer that can help you assess what level of care is most needed at this time.

### HOW TO DETERMINE WHAT'S RIGHT FOR YOU

Finding the best type of care affects more than the person receiving it. At Mount Hope Nursing Center, we know that **the caregiver faces unique struggles and challenges** to accommodate the growing needs of their loved ones. You will learn about options that can provide needed respite and relief for caregivers.

# CAN YOU DO IT YOURSELF?

More than 50 million Americans provide care for a chronically ill, disabled, or elderly family member or friend. But even beyond knowing if that's the type of care your loved one needs, how do you determine that **you** will be able to provide it?



Answer these questions to better assess the situation for both you and your loved one. If possible, have a friend or family member also fill it out to best determine the situation.

## SUPPORT:

1. Will you be the only one providing care for your loved one?
2. If you will have help, have you discussed how many days and hours the other person(s) will be able to commit to providing care?
3. Does your loved one ever leave the home, such as for church or social activities?  
**If so, use the chart below to fill in a schedule of their regular activities.**

MON	TUES	WED	THURS	FRI	SAT	SUN

4. Do other family members live nearby? Even if they are not providing care, does your loved one spend time with them?
5. Does your loved one receive any kind of assistance (i.e. financial, medical, personal, etc.)? If so, is it temporary or permanent?
6. Could you provide care for certain times of the day or night and just need help for portions of the day or week? See pages 8 & 9 for options that provide caregivers relief for part of the day as well as for temporary respite care.

# IS HOME HEALTH CARE THE ANSWER?

## WHAT IS HOME HEALTH CARE?

In-home care is when you or a professional in-home care assistant comes on a regular basis to care for the day-to-day needs of a person who is struggling to do it for themselves. If you need to hire someone to provide this care, you should look for someone who is a home health aide (HHA) or a certified nursing assistant (CNA).

## HOW IS HOME HEALTH CARE PAID FOR?

Usually the person receiving the care will have to pay for this on their own. Other funding sources that may cover all or some of this cost include:

- Long-term care insurance
- HCBS
- Health insurance after hospitalization
- Veterans benefits



## WHEN TO CONSIDER HOME HEALTH CARE?

If you are wondering whether your loved one needs this level of in-home care, answer the questions below to help you better assess the current situation as well as your loved one's abilities and needs.

Y	N	If the phone rings, do they hear it and answer in a safe and timely manner?
Y	N	Can they hear the other person on the phone and have a conversation?
Y	N	Do they store food safely and throw it away when it's no longer safe to eat?
Y	N	Do they keep their kitchen, living room, bedroom and bathroom clean?
Y	N	Do they clean up after meals? Wash dishes, put them away, wipe down surfaces?
Y	N	Do they see to it that the lawn is mowed, yard is tended to and sidewalk shoveled when needed?
Y	N	Are they doing their own laundry? Carrying it safely as well as folding and putting it away?
Y	N	Do they drive safely and with confidence?
Y	N	Do they shop for their own groceries? Are they able to transfer items from store and car to their home?
Y	N	Do they stay on top of their finances? Do they pay their bills on time?
Y	N	Do they attend social and family activities such as going to church, restaurants or parties?

If you answered NO to any of the questions, then your loved one might benefit from home health care. The more NOs you checked, the more likely they need this additional support.

# IS IN-HOME CARE BY A NURSE THE ANSWER?

## WHAT IS IN-HOME NURSING CARE?

Private duty nursing care means a registered nurse (RN), a licensed practical nurse (LPN), or other trained professional comes on a regular basis to care for a person who needs more in-depth medical assistance such as tracheostomy care, catheter care, feeding tube care or monitoring vital signs.

## HOW IS CARE BY A SKILLED NURSE PAID FOR?

Funding sources that may cover all or some of the cost include:

- Private pay from the person receiving the care
- \*Medicaid
- Health insurance
- Veterans benefits
- Workers' compensation

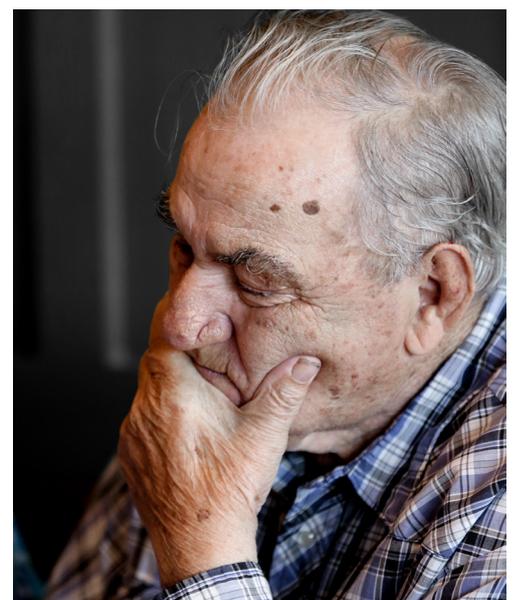
\*qualifying conditions may need to be met, such as using a home health care provider that is Medicare-certified

## WHEN TO CONSIDER HIRING A PRIVATE NURSE?

If you are wondering whether your loved one may need this higher level of in-home support, answer these questions to help you better assess the current situation and their ability and needs.

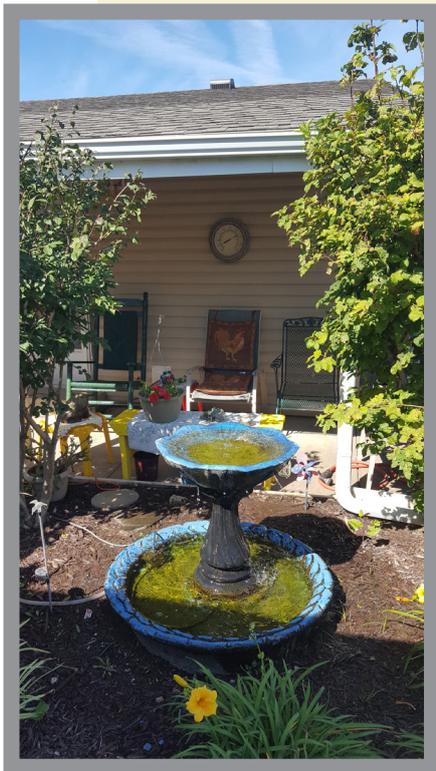
Y	N	Can they remember events from the previous day or week? Are they able to remember names of people close to them?
Y	N	Do they always remember to turn off burners and running water?
Y	N	Do they continue to come and go from their home without confusion?
Y	N	Are you able to go through your day without worrying about their safety?

If you answered NO to any of the questions, then your loved one might benefit from the care of a skilled nurse. The more NOs you checked, the more likely they need this additional support.



# IS INDEPENDENT LIVING THE ANSWER?

Mount Hope Nursing Center provides a variety of care options beyond our nursing home facility. In addition to providing services to assist your own in-home care plan, Mount Hope has independent living options for people who need the care and/or community support, but does not need the full level of nursing home care.



## WHAT SERVICES ARE PROVIDED WITH INDEPENDENT LIVING?

- One-bedroom and two-bedroom apartments
- Cost includes electricity, water and trash
- Light weekly housekeeping is included
- On-site "lodge" for communal dining and socializing



**Come by for a hassle-free tour. Call us to schedule a time to see our one-bedroom and two-bedroom options.  
(316) 667-2431**

# SUPPORT FOR THE CAREGIVER: YOU DON'T HAVE TO DO THIS ALONE

Mount Hope provides a variety of assistance programs to caregivers who need help providing care to a loved one who is still able to live mostly in their own home.

## RESPIRE CARE

Our skilled staff can take over the care needed for a couple days or weeks.

- Gives caregivers the time to take a vacation, attend to personal matters, or simply rest and recharge by taking a break from caregiving responsibilities.
- Provides a nurturing environment in which those suffering from memory-related conditions can socialize and participate in daily activities.
- Delays the need for permanent long term care



## ADULT NIGHT CARE:

Our skilled staff will handle the care for your loved one during the night.

- Provides rest for caregivers so you can be at your best during the day.
- Provides a nurturing environment in which those suffering from memory-related conditions can socialize and participate in daily activities.
- Ensures compassionate and skilled care throughout the night by staff who understand the needs of those suffering from memory-related conditions.

Call us at **(316) 667-2431** to inquire about openings for your loved one.

## ADULT DAY CARE

If you need to be free during the day for a job or other responsibilities, Adult Day Care can help you delay the need for a permanent long-term nursing home care.



- Creates a sense of community for seniors who enjoy companionship.
- Promotes emotional and cognitive health through activities and social interaction.
- Provides a cost-effective alternative to hiring help for in-home care.



Caring for a loved one who is struggling with health, memory or mental issues can be exhausting. Often a caregiver's life and schedule are tethered to this other person's needs. Not only that, there can be an incredible amount of mental and emotional stress of providing this level of care for a loved one. At Mount Hope, we understand the pressures on everyone involved and are here to help and to answer whatever questions you may have.



*"When you come to live at Mount Hope Nursing Center, you become family. We pride ourselves on being so much more than a nursing home facility. We are home."*

*-Gina Terry, Administrator*



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