

Long-Term Care Planning

<p>Identify the Problem</p>	<p>PROBLEM: Long-Term Care Planning</p> <p>GOAL/EXPECTED OUTCOME: To facilitate long-term care planning</p>
<p>Educate Yourself</p>	<p>ASSESS FURTHER:</p> <ul style="list-style-type: none"> • Does the person have capacity to make long-term care planning decisions? If so, engage the person as much as possible • What are the long-term planning issues? <ul style="list-style-type: none"> ○ Financial needs? ○ Legal needs? ○ Durable Power of Attorney for Finances? ○ Durable Power of Attorney for Healthcare? ○ Residential options (possible changes in residence?) ○ Finding other available caregivers? ○ End of life decisions? • Staying at home <ul style="list-style-type: none"> ○ Will the person be safe to remain at home with 24/7 in-home assistance? ○ Are there resources available to maintain living at home? (i.e., financial resources, caregiving resources, family support) ○ Does the person have adequate hours of in-home supportive services to assist with: <ul style="list-style-type: none"> ▪ Medication management? ▪ Overnight/daytime supervision? ▪ Medical care? ▪ ADL assistance? ▪ IADL assistance? ○ Is there someone available to live with the person long-term and provide needed care for the needed hours? ○ Does that caregiver understand symptoms and safety concerns of caring for a person with dementia? • Long-term care out of the home <ul style="list-style-type: none"> ○ Is there any opposition to long-term care facility placement as needed? ○ Does the caregiver know about residential care facility options? (Suggest visiting a variety of facilities before a crisis arises). Consider: <ul style="list-style-type: none"> ▪ Monetary cost ▪ Travel time to the facility ▪ Physical environment of the facility ▪ Background/interests of the person you care for • Does the caregiver and/or the family know about Medicaid waiver programs?

<p><u>Adapt</u></p> <p>Problem solve with interventions and actions</p>	<p><u>TEACH PROBLEM-SOLVING STRATEGIES TO CAREGIVER:</u></p> <ul style="list-style-type: none"> • Learn about different long-term care options • Utilize respite resources, including other family members, friends, community members, neighbors, volunteer organizations, etc., to maintain living at home • Professional caregiver, short and long-term in-home help • Discuss facilities that provide over-night respite • Discuss long term care plans with all involved caregiver and the person being cared for, before a crisis happens • Learn about and discuss the challenges of physical care in the late stages of the disease • Seek assistance from family and friends when touring facilities and making decisions
	<p><u>CLINICAL SUPPORT:</u></p> <ul style="list-style-type: none"> • Refer to PCP to discuss and assess medications, medical care needs, and required levels of care (ongoing assessment)
	<p><u>CAREGIVER SUPPORT AND COMMUNITY RESOURCES:</u></p> <ul style="list-style-type: none"> • Listen empathically to caregiver and evaluate for level of distress • Refer to Legal and Financial Planning and End-of-Life care plans, as they may overlap • Refer to MSSP • Refer to Alzheimer's Greater Los Angeles for support groups, disease education, and care consultation <ul style="list-style-type: none"> ○ ALZ Direct Connect referral ○ Provide 24/7 Helpline #: 844.HELP.ALZ 844.4357.259 ○ Website: www.alzgl.org • Local Community Resources: _____ _____ • Send literature: <ul style="list-style-type: none"> ○ Topic Sheet – A Guide to Different Levels of Care
	<p><u>FOLLOW UP:</u></p> <ul style="list-style-type: none"> • Schedule a phone call with caregiver to discuss outcomes and provide additional support
<p><u>NOTES:</u></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	