



Long-Term Care Consumer Decision Tool for Seniors

*Aging and Disability Resource
Center Activities*

AIRS Conference, June 2005





Your Presenter

- Krista Boston, J.D.

 - Manages the Consumer, Information, Assistance and Advocacy Team for Minnesota

 - Project Director – MinnesotaHelp.info Network and Aging and Disability Resource Center Grants

 - SHIP Director - For all Minnesota Medicare Beneficiaries

Minnesota

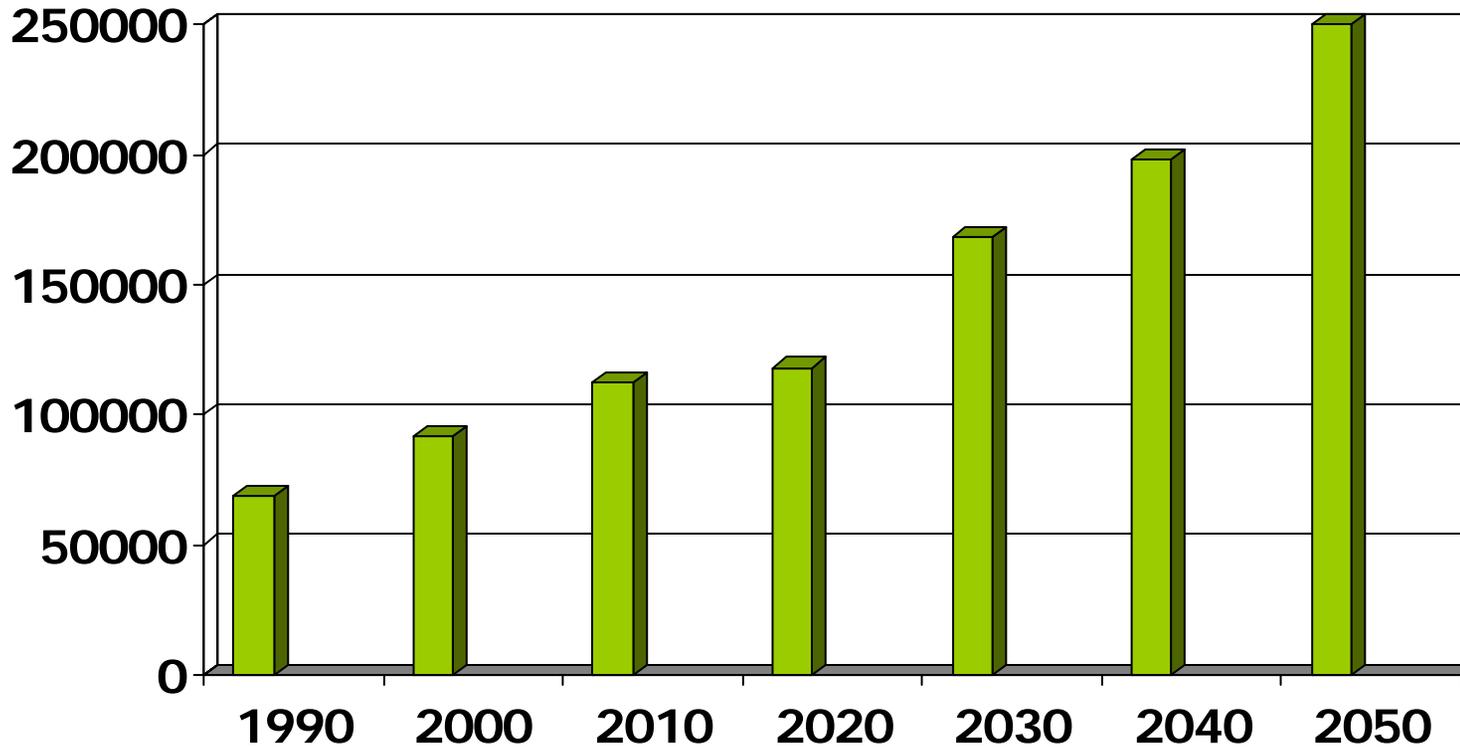
- **Population 2000:** 4,919,479
- "North Star State"
- **Capital:** Saint Paul
- **County governments:** 87 (87 County Human Svcs Offices)
- **400 Nursing Homes**

As of September 30, 2003, there were 414 Medicaid certified and/or licensed NFs in Minnesota, with a total of 38,972 beds (this figure excludes a small number of non-Medicaid homes). The average statewide occupancy for NFs is 94.2 percent.
- **Municipal governments:** 854
- **Townships:** 1,794
- Name derives from Sioux term for "cloudy water"
- **F Scott Fitzgerald** - "Vitality shows in not only the ability to persist but the ability to start over."
- Thanks to www.epodunk.com



Our Future – Project 2030

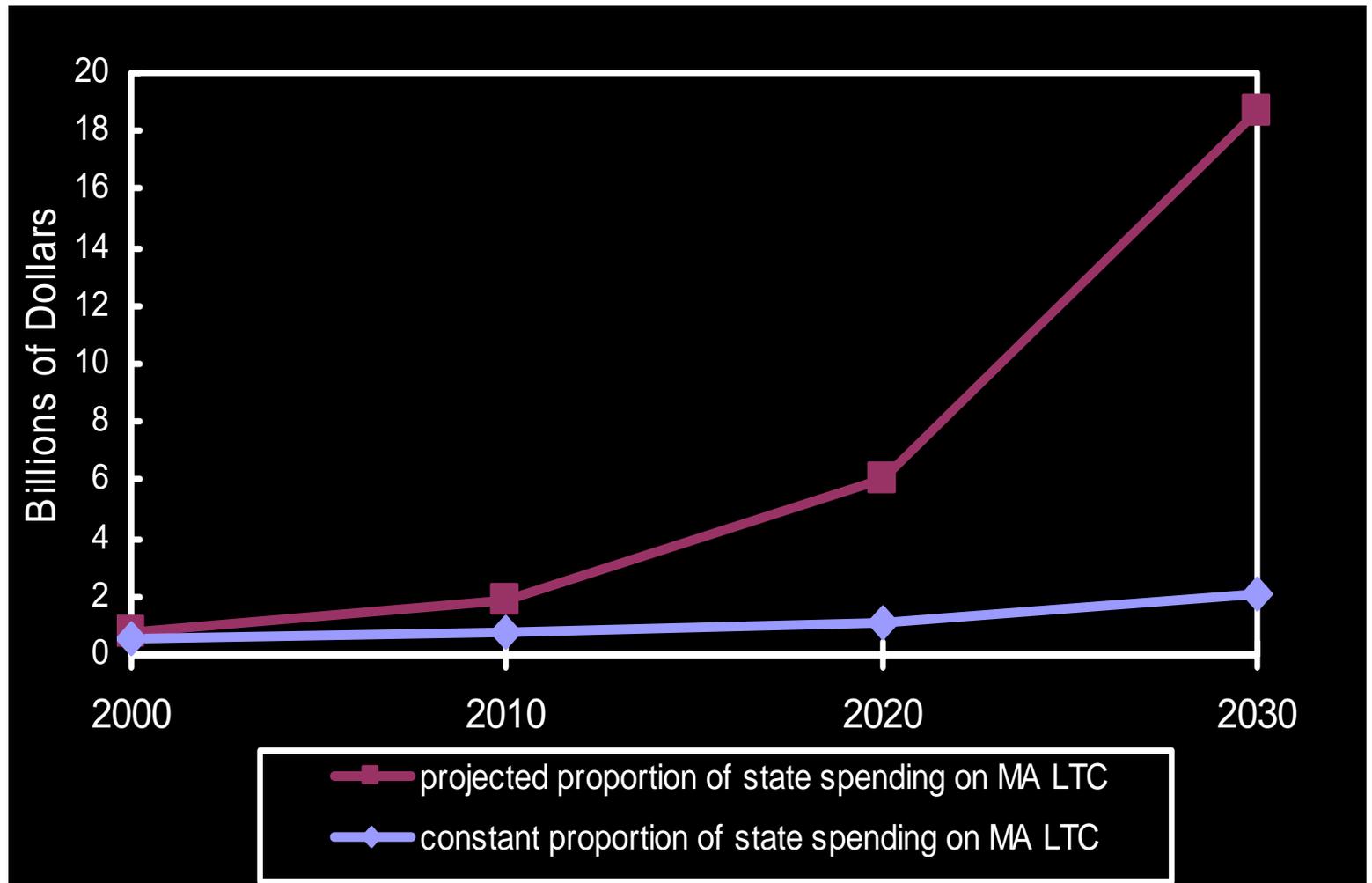
The population over 85 in Minnesota will increase by almost 400% by 2050; the rest of the population by only 25%.



PROJECT 2030

Health and Long Term Care

Projected State Spending on Long Term Care



Source: MN
Demographer's
Office, DHS, MN
Taxpayers Assn



In response...

- Minnesota is entering the sixth year of rebalancing long-term care which has several strategies,
- One key strategy is to implement a new approach to assisting people in accessing assistance with long-term care supports and planning,
- The Access portion of our model has several key assumptions:
 1. A neutral, effective and efficient information and access system that is comprehensive is necessary to address the changing landscape for consumers,
 2. As people live longer, increasing numbers will access long-term care supports and other services,
 3. Families will manage a more complex world that has a constantly changing economic, technological and social environment, and
 4. Families will use technology to access information and supports.



Goals of the ADRC grant – Continue to Enhance Access and Information Systems

- Continue to rebalance long-term care system
 - By creating online decision support in conjunction with existing resource database
 - Resource Centers place information where people go through their “normative processes”
 - Engage key players by building community partnerships (Network)
 - Redesign service delivery
- Our outcomes
 - Encourage people to use home and community based services
 - Delay facility placement
 - Plan for long-term care needs
 - Create more information options for people



Our Model

- Pros:

- Builds upon existing system of providers and supports rather than creating something “new” or building new structures

- Leverages capacity of the current infrastructure

- Will result in more efficiencies across the system which will ultimately result in savings

- Organizations will have more ownership because they can become part of something instead of just refer to “it”

- Results in real “systems change”

- Is Research based

- Cons

- Isn't a “sexy” new building so the political sell is hard

- Will possibly require a change and shift in resources in organizations which isn't always possible

- Hard to measure results across so many providers and systems so ultimately difficult to evaluate

- Partnerships and collaboration aren't easy but they are well worth it in the end due to the relationship building and lessons learned



Studies Show

- A lack of understanding of health care options limits peoples' ability to care for their health problems,
- Inadequate access to information may lead to poor health outcomes, increase risk of health status and increased risk of hospitalization,
- Much of what is produced for consumers both in print and the internet is at a higher literacy level than the average reading level of the American public and fails to communicate the basic information, it intends.



Minnesota Consumer Decision Tool

So...what does the research tell us about how consumers access information and most specifically long-term care information?

www.MinnesotaHelp.info



Consumer behavior

- Generally seek information at the time in which the information is needed
- In the format that is most convenient and familiar to them.
- Each person is different, based on the way they learn and retain information.
- For some, a conversation with someone is necessary to create an understanding, for others, the Internet is the primary information source.

www.MinnesotaHelp.info



Other preferences

- People need and want information based on their unique differences that might be based on:
 1. Age
 2. Educational level
 3. Language use
 4. Physical and mental abilities.

www.MinnesotaHelp.info



Internet Use Increasing

- Regardless of income, education, age, races, ethnicity, or gender.
- 68% of Americans now have some sort of access to the internet
- 35% have used the internet to seek health information and 39% of Internet users indicate that they have used the Internet to seek health information for another person such as a family member.

www.MinnesotaHelp.info

Internet Use

- About one in four say their use of the Internet played a key role in the way they took care of that loved one.





So....

- The Internet must play a big role in how government shapes consumers behaviors and choices.
- Secondly, the Internet information must be made available in a range of options to meet a variety of literacy and language needs.

www.MinnesotaHelp.info

Our ADRC targeted elderly population in Hennepin County (65 + years of age)

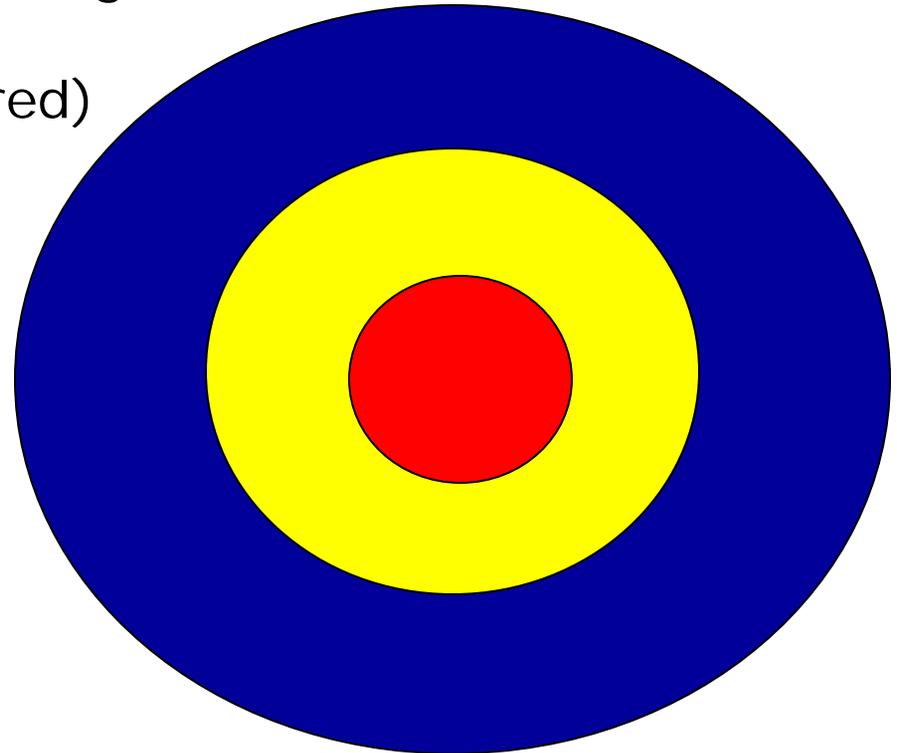
Current Estimated Population Aged 65+ = 125,000

Non-frail = 95,000 (blue)

Frail = 30,000 (yellow and red)

Yellow – Frail elders who are: receiving help from caregivers, institutionalized, paying for their own care, or eligible to receive publicly-funded services but have declined.

Red – Elders receiving federal, state and/or county funded services





MinnesotaHelp

Information Network

Connecting Minnesotans to community resources.



Who is part of the **MNHelp Information Network?**

All who are or serve Minnesotans!

It's all about helping people find the resources they need in a manner and place most comfortable to them – there are many doors to resources.



What is the MinnesotaHelp Information Network?

- Telephone assistance
 - Senior LinkAge Line®, 800-333-2433
 - Disability Linkage Line™, 866-333-2466
 - Family Linkage Line, in development
- Network Portals, community locations
- In-person assistance
- Internet, www.minnesotahelp.info



MinnesotaHelp Information Network components

- **Telephone assistance**

 - Senior LinkAge Line® , 800-333-2433

 - Disability Linkage Line™ , 866-333-2466

 - Family Linkage Line, in development

MinnesotaHelp Information Network components

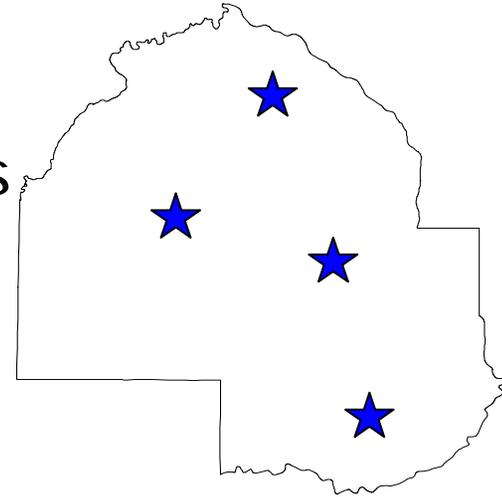
Network portals consist of:

Health clinics

Libraries

Senior/community centers

Human Resource offices



Access to online, telephone, written and in-person information and assistance.



MinnesotaHelp Information Network components

- **In-person assistance**

 - Network Liaisons at the community locations

 - Senior LinkAge Line®

 - Long-term Care Consultation



MinnesotaHelp Information Network components

- **Internet**, www.MinnesotaHelp.info
 - Resources for...the entire family
 - Community services



MinnesotaHelp Information Network components

- **Consumer Decision Tool (CDT)**
To be available on
www.MinnesotaHelp.info



Consumer Decision Tool (CDT)

The “Consumer” is:

- Person over 60
- Family member and/or Caregiver
- Professionals – discharge planners or social workers who want to develop an informal resource plan
NOT a formal assessment



Consumer Decision Tool (CDT)

- Assess needs – current and future
- Identify services
- Create a Plan
- Request personalized assistance

Note: CDT not meant to replace a formal assessment tool(s). It is a CONSUMER decision tool.



CDT is intended to...

- Educate caregivers
- Educate professionals
- Identify needs and provide links to community services



Consumer Decision Tool

Demo profile

- Caregiver
- Caring for 80 year old parent
- Has low-medium needs
- Parent wants to remain at home
- Parent lives in Hennepin County
- Parent lives alone
- Caregiver is in state

MinnesotaHelp.info Long-Term Care Decision for Seniors, Families and Caregivers

Contact Us | Translation Assistance | Text Size



Living at Home - simplifying the decision process

Today's senior citizens have many options to continue to live independently. These options include living in their own home with help to prepare meals, do laundry and keep the house clean, to bathe, to get to medical appointments, and to set up medications and maintain health. Adult day care can give family helpers periods of respite and a chance to attend to personal needs.

The first big decision is to figure out what you need and what you can do for yourself. This tool was created to help you make these decisions, to help guide you to the resources in your community, and to create a Plan for how you might approach this serious issue. For some people a nursing home may be the best option, but for most people pursuing community service options first is preferable.

[Begin the Process](#)

Registered Users

To sign in to your personal home page please enter your user name and password.

First Name	Last Name	Password
<input type="text"/>	<input type="text"/>	<input type="text"/>
Special Date	Month <input type="text" value="January"/>	Day Year <input type="text"/> <input type="text"/>

Planning for the Future



It's never too early to begin planning for the future. Your retirement may seem many years away -- planning you do now may help to ensure your retirement years are spent in good health, in your own home, and with enough funds to meet



Navigating your plan

Your path is outlined as you step your way through the plan. At any time you may click any of the steps to backtrack and make changes if necessary.

Take Me To...

[➔ 1. Plan Profile](#)

[2. Determine Your Needs](#)

1. Plan Profile - Creating a Plan

Creating a Plan can work for you if:

- You are collecting information
- You need to start getting help right away,
- Or, if you are a long-distance family member trying to help an older adult.

Who is this plan for? Help us customize this tool for your use.

- I am creating this plan for myself
- I am creating this plan for
- I am a professional creating a plan for a client

The person I am completing this form for is:

- Male
- Female

Enter the first name of the person this plan is for:

Enter the zip code for the individual this plan is for:



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Take Me To...

[✓ 1. Plan Profile](#)

[➔ 2. Determine Your Needs](#)

2. Determine Your Needs

1. Does your mother need help to (check all that apply):

- A. Bathe or shower
- B. Dress
- C. Feed herself
- D. Use the bathroom
- E. Walk
- F. Get out of bed, chair or car

2. Does your mother need help to (check all that apply):

- A. Prepare meals
- B. Drive a car or use public transportation
- C. Use the telephone
- D. Do the laundry
- E. Go shopping
- F. Do light housework or household chores
- G. Do heavy housework or household chores
- H. Manage money

3. Has your mother had multiple episodes of wandering, or physical or verbal outbursts in the past six months?

- Yes
- No



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Take Me To...

- ✓ [1. Plan Profile](#)
- ✓ [2. Determine Your Needs](#)
- ➔ [3. Results](#)

3. Results

Based on how you answered the questions on the previous page, it appears your mother needs some assistance to:

- Bathe or shower
- Do heavy housework or household chores
- Do light housework or household chores
- Prepare meals

A family member or trusted friend might be able to provide some assistance with personal care needs.

And your mother has some problems with:

- Incontinence

Many older people feel strongly about staying in their home, have family and neighbors helping them, and want to keep connections to the community that are important to them. Some people may only need a little help to stay in their own home such as help with heavy housework or outside yard maintenance. And because there are so many community services available, even an older person with many needs can often successfully remain at home.

If your mother is not able to live in her own home she could move to a different setting in the community with help available on site. You should think about these options before thinking about a nursing home.

Navigating your plan

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Take Me To...

- ✓ 1. Plan Profile
- ✓ 2. Determine Your Needs
- ✓ 3. Results
- ➔ 4. Daily Living Needs

4. Daily Living Needs

Based on your responses from the Determine Your Needs questionnaire, you can now pick out some resources that you are interested in. Some people choose to work with one agency that provides a variety of services, and that can help you coordinate them. Or, you can select services from several agencies and manage them on your own.

Suggested Resources

Add Services, Tips, Web Sites, and Documents to this Plan from the suggested resources available in the links below.

When you are finished adding to this part of the plan, click Done and you will have the option to add more items to your plan based on additional questions.

Add Services You have selected 0 of 255

These local services provide long-term care in the home or in your community. Click on the link to get the contact information for the service and to get more details about the agency that provides the services.

[Caregiver Training](#) (20)

[Congregate Meals](#) (20)

[Daily Living Aids](#) (22)

[Home Delivered Meals](#) (28)

[Homemaker Assistance](#) (64)

[Housekeeping Assistance](#) (52)

[Occupational Therapy](#) (59)

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Take Me To...

- ✓ 1. Plan Profile
- ✓ 2. Determine Your Needs
- ✓ 3. Results
- ➔ 4. Daily Living Needs

- [add services](#)
- [add tips](#)
- [add web sites](#)
- [Add Documents](#)

4. Daily Living Needs

Add Services: Home Delivered Meals

28 services suggested for ZIP code 55443 | Change zip code: >>

These local services provide long-term care in the home or in your community. Click on the link to get the contact information for the service and to get more details about the agency that provides the services.

Sort Service | Show Per Page

Showing 1 - 10 of 28 Services

1 2 3 Next>>

Add

Meals on Wheels - Brooklyn Center, Brooklyn Park and Camden

Home delivered meals for shut-ins, elderly or persons with disabilities.

Agency

Community Emergency Assistance Program - CEAP Inc.

6840 78th Avenue North, Brooklyn Park, MN 55445

Fax: (763) 566-9604

Details

Approx. Distance

1 miles from ZIP code 55443

Add

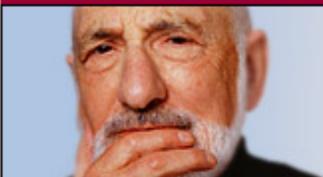
Home Delivered Meals

Hot noon meals delivered weekdays. Special and regular diets

[Skip to main content](#)

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Text Size



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Take Me To...

- ✓ [1. Plan Profile](#)
- ✓ [2. Determine Your Needs](#)
- ✓ [3. Results](#)
- ➔ [4. Daily Living Needs](#)

- [add services](#)
- [add tips](#)
- [add web sites](#)
- [Add Documents](#)

4. Daily Living Needs

Service: Meals on Wheels - Brooklyn Center, Brooklyn Park and Camden

- Home delivered meals for shut-ins, elderly or persons with disabilities
- Meals provided weekdays at noon

Agency: Community Emergency Assistance Program - CEAP Inc.
6840 78th Avenue North Brooklyn Park, MN 55445 [Map](#)

Phone: (763) 566-9600

What are the features for this program? Building Accessibility options: Accessible main entrance, Accessible public restroom, Designated handicapped parking

Who can get this program? Residents of Brooklyn Center, Brooklyn Park and Champlin east of Highway 169

How do I sign up for this program? There is a two day wait before meals can be delivered. Must accept 5 meals before cancelling. Can only cancel with a 2 day notice.

What are the fees? \$4.25 per meal

What documents should I bring?

Business Hours: 8 am - 4:30 pm Monday - Friday

Navigating your plan

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Take Me To...

- ✓ 1. Plan Profile
- ✓ 2. Determine Your Needs
- ✓ 3. Results
- ➔ 4. Daily Living Needs

[add services](#)
[add tips](#)
[add web sites](#)
[Add Documents](#)

4. Daily Living Needs

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1 2 3 Next>>

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Approx. Distance

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Home Delivered Meals

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Take Me To...

- ✓ 1. Plan Profile
- ✓ 2. Determine Your Needs
- ✓ 3. Results
- ➔ 4. Daily Living Needs

[add services](#)
[add tips](#)
[add web sites](#)
[Add Documents](#)

4. Daily Living Needs

Add Tips

9 tips suggested for ZIP code 55443 | Change zip code: >>

These local services provide long-term care in the home or in your community. Click on the link to get the contact information for the service and to get more details about the agency that provides the services.

Sort By Tip Name | Show Per Page

Showing 1 - 9 of 9 Tips

[Food Assistance](#)

[Assistive Technology](#)

[Occupational Therapy](#)

[Physical Therapy](#)

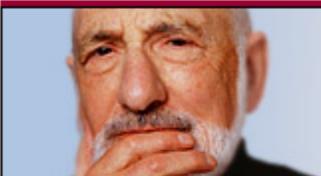
[Caregiver Training](#)

[Homemaker](#)

[Skip to main content](#)

[My Home Page](#) | [Contact Us](#) | [Sign In](#)

Text Size



Navigating your plan

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Take Me To...

- ✓ [1. Plan Profile](#)
- ✓ [2. Determine Your Needs](#)
- ✓ [3. Results](#)
- ➔ [4. Daily Living Needs](#)

[add services](#)
[add tips](#)
[add web sites](#)
[Add Documents](#)

4. Daily Living Needs

Add Web Sites

1 web site suggested for ZIP code 55443 | Change zip code:

These local services provide long-term care in the home or in your community. Click on the link to get the contact information for the service and to get more details about the agency that provides the services.

Sort By Website Name | Show Per Page

[A Key to Choice for Seniors](#)

Navigating your plan

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Take Me To...

- ✓ 1. Plan Profile
- ✓ 2. Determine Your Needs
- ✓ 3. Results
- ✓ 4. Daily Living Needs
- ➔ 5. Medication

[View Plan Progress](#)

5. Medication

Skip

1. Is your mother able to get her medicine i.e. get prescriptions refilled as needed, pick up or arrange for delivery, etc?
 Yes
 No
2. Does your mother have the money to pay for her medicine?
 Yes
 No
3. Does your mother have a system that helps organize her medicine?
 Yes
 No
4. Are you, or anyone else close to you, concerned about how your mother takes medicine?
 Yes
 No
5. Does your mother know where to go to find out about the medicines she is taking?
 Yes
 No

A family member or trusted friend might be able to provide some assistance with medication needs. Your local drug store will sell pill boxes that can be set up for daily, weekly, or monthly periods of time. A parish/congregation nurse or the Living At Home/Block Nurse program may be able to set up the pill boxes for individuals who need this type of help.

Back Reset

Continue

Showing 1 - 5 of 5 Services

✓ 4. Daily Living Needs

➔ 5. Medication

- [add services](#)
- [add tips](#)
- [add web sites](#)
- [add documents](#)

[View Plan Progress](#)

Add

Minnesota RxConnect

Minnesota RxConnect provides information on medicine, safety, cost savings, and programs including lower-cost prescription medicine from Canada.

Agency

Minnesota RxConnect

444 West Lafayette Road North, St. Paul, MN 55155

Toll Free: (800) 333-2433, 8 AM to 4:30 PM Monday-Friday

Details

Approx. Distance

15 miles from ZIP code 55443

Add

RxConnect

Service to help people find and apply for drug manufacturers' patient assistance programs to get free or discounted drugs.

Agency

RxConnect

444 Lafayette Road North, St. Paul, MN 55155

Toll Free: 1-800-333-2433, 8 PM to 4:30 PM Monday-Friday

Details



Navigating your plan

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Take Me To...

- ✓ [1. Plan Profile](#)
- ✓ [2. Determine Your Needs](#)
- ✓ [3. Results](#)
- ✓ [4. Daily Living Needs](#)
- ✓ [5. Medication](#)
- ➔ [6. Memory Loss](#)

[View Plan Progress](#)

6. Memory Loss

1. In your opinion, does your mother have problems with any of the following?
 - A. Repeating or asking the same thing over and over?
 - B. Remembering appointments, family occasions, holidays?
 - C. Writing checks, paying bills, balancing the checkbook?
 - D. Shopping independently (example: for clothing or groceries)?
 - E. Taking medications according to instructions?
 - F. Getting lost while walking or driving in familiar places?

If you checked two or more boxes, please know that serious memory problems should be discussed with a physician who is knowledgeable in memory problems and other cognitive disorders. This is especially true if problems are severe, are newly occurring, or are increasing in severity. A Senior LinkAge Line® professional can assist you in deciding whether to seek medical attention if you are uncertain about what to do. Call the Senior LinkAge Line® at 1-800-333-2433, Monday through Friday, 8:00am-4:30pm.

Navigating your plan

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Take Me To...

- ✓ [1. Plan Profile](#)

- ✓ [2. Determine Your Needs](#)

- ✓ [3. Results](#)

- ✓ [4. Daily Living Needs](#)

- ✓ [5. Medication](#)

- [6. Memory Loss](#)

- ➔ [7. Health Insurance](#)

[View Plan Progress](#)

7. Health Insurance

Skip

1. Is your mother able to pay her medical bills?
 - Yes
 - No

2. Is your mother in need of dental care but can't afford it?
 - Yes
 - No

3. Does your mother have a stack of unpaid medical bills?
 - Yes
 - No

4. Does your mother have difficulty understanding her medical bills?
 - Yes
 - No

5. Does your mother know what benefits she may be entitled to as a person with a disability?
 - Yes
 - No
 - Does Not Apply

6. Does your mother know what benefits she may be entitled to as a veteran?
 - Yes
 - No
 - Does Not Apply

7. Is your mother aware of the Medicare Savings Programs (for those who qualify, the MSP pays for Medicare Part B premium)?
 - Yes

Navigating your plan

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Take Me To...

- ✓ 1. Plan Profile
- ✓ 2. Determine Your Needs
- ✓ 3. Results
- ✓ 4. Daily Living Needs
- ✓ 5. Medication
- 6. Memory Loss
- ➔ 7. Health Insurance

- [add services](#)
- [add tips](#)
- [add web sites](#)
- [add documents](#)

[View Plan Progress](#)

7. Health Insurance

Based on your responses from the Health Insurance questionnaire, you can now pick out some resources that you are interested in. Some people choose to work with one agency that provides a variety of services, and that can help you coordinate them. Or, you can select services from several agencies and manage them on your own.

Suggested Resources

Add Services, Tips, Web Sites, and Documents to this Plan from the suggested resources available in the links below.

When you are finished adding to this part of the plan, click Done and you will have the option to add more items to your plan based on additional questions.

Add Services You have selected 0 of 23
 These local services provide long-term care in the home or in your community. Click on the link to get the contact information for the service and to get more details about the agency that provides the services.

[Health Insurance Counseling](#) (23)

Add Tips You have selected 0 of 4
 Tips give you a quick description about a Service found in the Add Services list. Tips usually contain information to help you decide if a Service is right for your needs.

[Add Websites](#) You have selected 0 of 10

Navigating your plan

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Take Me To...

- ✓ 1. Plan Profile
- ✓ 2. Determine Your Needs
- ✓ 3. Results
- ✓ 4. Daily Living Needs
- ✓ 5. Medication
- 6. Memory Loss
- ✓ 7. Health Insurance
- ✓ 8. Housing/Housekeeping
- 9. Safety & Security
- ✓ 10. Estate Planning
- ✓ 11. Housing Options
- ➔ 12. Living in Your Home

[View Plan Progress](#)

12. Living in Your Home

Many older people feel strongly about staying in their home, they have family and neighbors helping them, and they want to keep connections to the community that are important to them. Your Plan contains agencies you selected that provide services to older people. Costs for services vary by agency and some agencies offer low-cost or sliding fees to people with a low income. If you decide to hire people to come in to help you, the information in the Home Care Guide: Guide to In-home Services might be helpful. Many older adults receive help from their families, friends, neighbors, or community.

[Add Websites](#) You have selected 0 of 2

Websites give more detailed information about a Service found in the Add Services list.

[Add Documents](#) You have selected 0 of 1

Documents can be more in-depth pieces of information that describe a service found in the Add Services list. Documents usually contain information to help you decide if a Service is right for your needs.

Back

Done

Navigating your plan

Your path is outlined as you step your way through the plan. At any time you may click any of the steps to backtrack and make changes if necessary.

Take Me To...

- ✓ [1. Plan Profile](#)
-
- ✓ [2. Determine Your Needs](#)
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- ✓ [3. Results](#)
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- ✓ [4. Daily Living Needs](#)
-
- ✓ [5. Medication](#)
-
- 6. [Memory Loss](#)
-
- ✓ [7. Health Insurance](#)
-
- ✓ [8. Housing/Housekeeping](#)
-
- 9. [Safety & Security](#)
-
- ✓ [10. Estate Planning](#)
-
- ✓ [11. Housing Options](#)
-
- ✓ [12. Living in Your Home](#)
-
- ➔ [13. Assisted Living](#)

[View Plan Progress](#)

13. Assisted Living

Because of the wide variety of assisted living, it is very important for your mother's to ask questions about the housing and the services that are available in any setting your mother is looking at. If your mother decides assisted living is the best place for her, most likely she will be asked to sign a housing contract. Your mother should read the contract carefully, know the services that are being offered along with the rent, and know her needs. Sometimes, the services offered from the assisted living agency will not match your mother's needs. Or, she might be required to purchase more service than she needs or wants.

Assisted living settings:

- Some market rate apartments have been designed specifically to serve frail seniors, while other "independent" buildings have made assisted living services available to residents who are "aging-in-place";
- Some subsidized apartment buildings now make assisted living services available to their residents who are aging-in-place;
- Licensed board and lodging establishments, which offer private or semi-private rooms without kitchens and basic services such as three meals per day and housekeeping, may also provide a full range of health-related assisted living services;
- Licensed adult foster care homes offer a full range of services to consumers who want a very small, home-like setting. A few adult foster care "suites" have been created within larger apartment buildings. Most of the foster care homes in Minnesota are designed specifically to serve people who need 24 hour care such as people with memory loss or people who have high needs for personal care assistance.

If you decide to explore assisted living further, the following information might be helpful.

Navigating your plan

Your path is outlined as you step your way through the plan. At any time you may click any of the steps to backtrack and make changes if necessary.

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- ✓ 3. Results
- ✓ 4. Daily Living Needs
- ✓ 5. Medication
- 6. Memory Loss
- ✓ 7. Health Insurance
- ✓ 8. Housing/Housekeeping
- 9. Safety & Security
- ✓ 10. Estate Planning
- ✓ 11. Housing Options
- ✓ 12. Living in Your Home
- ✓ 13. Assisted Living
- ➔ 14. Nursing Home

[View Plan Progress](#)

14. Nursing Home

If you believe your mother needs to go to a nursing home, she will need to contact her county or her health plan as nursing home admission requires a screening.

Add Services You have selected 0 of 5

These local services provide long-term care in the home or in your community. Click on the link to get the contact information for the service and to get more details about the agency that provides the services.

[Long-Term Care Consultation](#) (5)

Add Tips You have selected 0 of 2

Tips give you a quick description about a Service found in the Add Services list. Tips usually contain information to help you decide if a Service is right for your needs.

Add Websites You have selected 0 of 2

Websites give more detailed information about a Service found in the Add Services list.

Back

Done

Navigating your plan

Your path is outlined as you step your way through the plan. At any time you may click any of the steps to backtrack and make changes if necessary.

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- ✓ 10. Estate Planning
- ✓ 11. Housing Options
- ✓ 12. Living in Your Home
- ✓ 13. Assisted Living
- ✓ 14. Nursing Home
- ➔ 15. Relocate to the Community

[View Plan Progress](#)

15. Move to the Community from a Nursing Home

Relocation Service Coordination (RSC) are activities coordinated and designed to help a person who resides in an eligible institution to gain access to needed medical, social, educational, financial, housing and other services and supports that are necessary to move from an eligible institution to the community. Your county social service Long-Term Care Consultants provides Relocation Service Coordination services. RSC services are provided to anyone who wants to consider moving from an eligible institution to the community. Services are provided at no cost.

Eligible institutions are defined as nursing facilities, certified boarding care facilities, Intermediate Care Facilities for Persons with Mental Retardation or Related Conditions, hospitals and regional treatment centers providing inpatient services to persons currently receiving Medical Assistance.

Add Services You have selected 0 of 5
These local services provide long-term care in the home or in your community. Click on the link to get the contact information for the service and to get more details about the agency that provides the services.

[Relocation Service Coordination](#) (5)

Add Tips You have selected 0 of 2
Tips give you a quick description about a Service found in the Add Services list. Tips usually contain information to help you decide if a Service is right for your needs.

Back

Done



Text Size

Navigating your plan

Your path is outlined as you step your way through the plan. At any time you may click any of the steps to backtrack and make changes if necessary.

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- ✓ [4. Daily Living Needs](#)
- ✓ [5. Medication](#)
- ✓ [6. Memory Loss](#)
- ✓ [7. Health Insurance](#)
- ✓ [8. Housing/Housekeeping](#)
- ✓ [9. Safety & Security](#)
- ✓ [10. Estate Planning](#)
- ✓ [11. Housing Options](#)

16. Need help figuring out what you need?

Long-Term Care Consultation (LTCC) Services help people make decisions about long-term care. Consultants help people and their families choose services that reflect their needs and preferences. LTCC services are provided locally and at no cost.

Each county has a team made up of at least one social worker and one public health nurse. This team provides: information and education about local long-term care options; an in-person visit to assess needs and help plan services; information about public programs that can help pay for services; and, transition assistance for people who want to return to community settings after admission to a facility.

The LTCC team will make recommendations for community services or nursing facility admission when community services are not feasible; the person makes the final decision about services. More than 80 percent of the people who receive LTCC services are age 65 or older, but services are available to people of all ages with long-term or chronic care needs.

The chart below shows the type of care that is recommended by a group of health care professionals for people with similar needs.



Navigating your plan

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- ✓ [14. Nursing Home](#)
- ✓ [15. Relocate to the Community](#)
- ✓ [16. Housing Options Help](#)

17. Next Steps

You are almost finished creating your mother's Plan. There are a few more pieces you will want to consider based on her situation:

- Your mother's wishes regarding where and how she would like to live, values regarding independence (personal autonomy) and safety.
- Your mother's ability to meet environmental challenges such as risk of falls, respond to an emergency (need to get out of the home quickly), etc.
- Ability of your mother's family, friends, and community to provide care or to increase current levels of care
- Adequate availability of community resources
- Your mother's capability or other trusted person's capability to effectively communicate with service providers
- Ongoing management of service provider personnel
- Regular assessment of your mother's situation - needs (health, social, emotional), environmental challenges, and care provided by family and friends (informal care providers) and service providers (formal care providers).
- Your mother's financial situation

Back

Continue

Navigating your plan

Your path is outlined as you step your way through the plan. At any time you may click any of the steps to backtrack and make changes if necessary.

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- ✓ [17. Next Steps](#)

18. Finished Plan

These are all of the home and community-based care services, tips, links, and information you added to your plan during the previous steps.

Printing this plan will compile all of the data you selected into a printer-friendly format.

If you wish to save this plan and refer to it later you will be required to register and create a user I.D. and password.

Selected Resources

Selected Services (3)

- Health Insurance Counseling (1)
- Home Delivered Meals (1)
- Medication Information (1)

Selected Tips (5)

Selected Web Sites (8)

Selected Documents (1)

Back

Print My Plan

Save My Plan



Text Size

Navigating your plan

Your path is outlined as you step your way through the plan. At any time you may click any of the steps to backtrack and make changes if necessary.

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- ✓ [12. Living in Your Home](#)
- ✓ [13. Assisted Living](#)

18. Finished Plan

These are all of the home and community-based care services, tips, links, and information you added to your plan during the previous steps.

Printing this plan will compile all of the data you selected into a printer-friendly format.

This plan is currently saved as "Betty's Plan".

Selected Resources

Selected Services (3)

- Health Insurance Counseling (1)
- Home Delivered Meals (1)
- Medication Information (1)

Selected Tips (5)

Selected Web Sites (8)

Selected Documents (1)

1. Plan Profile - Creating a Plan

1. Living at Home
2. MOTHER
3. F
4. Betty
5. 55443

EVALUATION

2. Determine Your Needs

Question Group: Does your mother need help to (check all that apply):

Question: Bathe or shower

Answer: Yes

Question Group: Does your mother need help to (check all that apply):

Question: Prepare meals

Answer: Yes

Question: Do light housework or household chores

Answer: Yes

Question: Do heavy housework or household chores



Timeline To Retirement

Here are some tips to make sure you've covered everything on your road to retirement.

Planning For The Future

Are you prepared...

- for an injury that would leave you incapacitated and unable to work?
 - who would care for the people who are dependent on you?
 - who would manage your finances and your care?
- for a long-term illness
- for retirement?
- for death?

Find out how well-prepared you are...

Complete a Plan Profile and then a short questionnaire. Based on your answers you will be presented with a list of helpful topics. Take your time to study the topics and add whatever available resources you would like to your plan.

Note: Choosing a lawyer, financial consultant, doctor or consultative professional is a personal decision which each person must make based on gathering facts and information. The purpose of this site is to provide you with some suggestions to explore more around planning for your future. Your personal situation will dictate whether any of these options are appropriate. At any point, if you need to talk to someone about choosing a professional who can assist you with these decisions, contact the Senior LinkAge Line® at 1-800-333-2433.



Text Size

Navigating your plan

Complete the Plan Profile and the Determine Your Needs questionnaire. Based on your answers you will be presented with a list of helpful topics. Take your time to peruse the topics and add whatever resources you would like to your plan.

Take Me To . . .

➔ **1. Plan Profile**

1. Plan Profile

Who is this plan for? Help us customize this tool for your use. Please select from one of the following choices.

- I am creating this plan for myself
- I am creating this plan for
- I am a professional creating a plan for a client

The person I am completing this form for is:

- Male
- Female

Enter the first name of the person this plan is for:

Navigating your plan

Complete the Plan Profile and the Determine Your Needs questionnaire. Based on your answers you will be presented with a list of helpful topics. Take your time to peruse the topics and add whatever resources you would like to your plan.

Take Me To . . .

✓ [1. Plan Profile](#)

➔ [2. Determine Your Needs](#)

2. Determine Your Needs

Check all of the following statements that apply:

1. I know my savings options.
 Yes
 No
2. I have someone I can talk to who can help me understand my savings options.
 Yes
 No
3. I have a health care directive
 Yes
 No
4. I have a will..
 Yes
 No
5. I have a plan to pay for my health insurance when I retire.
 Yes
 No
6. I know what my housing options are when I retire.
 Yes
 No
7. I am getting close to enrolling in Medicare and I understand my options.
 Yes
 No



Text Size Default Change

Navigating your plan

Take your time to peruse these topics. Add whatever resources you would like to your plan.

Take Me To . . .

- ✓ 1. [Plan Profile](#)
- ✓ 2. [Determine Your Needs](#)
- ➔ 3. **Results**
- 4. [Savings Options](#)
- 5. [Options Counselor](#)
- 6. [Health Care Directive](#)
- 7. [Will](#)
- 8. [Employer-Sponsored Benefits](#)
- 9. [Health Insurance](#)
- 10. [Housing Options](#)
- 11. [Medicare Options](#)
- 12. [Community Activities](#)
- 13. [Healthy Lifestyle](#)

3. Results

Keep At it!

You have started planning for your future. Based on how you answered the questions on the previous page, it appears you need to continue to work on each of the following areas.

- Savings Options
- Options Counselor
- Health Care Directive
- Will
- Employer-sponsored Benefits
- Health Insurance
- Housing Options
- Medicare Options
- Community activities
- Healthy Lifestyle
- Trust
- Guardian
- Conservator
- Important papers

If you need help, consider contacting an attorney. If you would like to speak with someone to discuss your situation, please call the Senior LinkAge Line® at 1-800-333-2433.



MinnesotaHelp

Information Network

Connecting Minnesotans to community resources.



Other ADRC Objectives

- 1 Resource Center Open in Brookdale Library = County Service Center
- Statewide marketing materials and “koisk” in development