

Considering your options: Getting help to define your options

This is a question that should be posed frequently to the management and caregivers of the community.

It is true that Assisted Living is not an inexpensive service; however, the people working within Assisted Living community truly do need the support of family members and friends to allow the senior living community to thrive and to operate well.

Some communities encourage family involvement more than others. Some communities want to be more highly service-oriented and give the impression that you need not do anything to help them. Other communities actively recruit volunteers and family members to help.

Every community would benefit from more people offering to be of help.

When families are faced with the idea of moving a parent from their home to assisted living they are often overwhelmed. So much so that they are unable to think clearly about what the specific options may be. There are so many events that may lead up to this decision. Many will take place in a short time. We don't always have the luxury of considering all of our options. All too often this decision will be made in crisis. The biggest reason to plan ahead is to know what choices are available to you and your family member. Planning ahead also allows the parent to be part of the decision making process, a huge benefit when it comes to acclimating to a new environment.

It is not only wise to get help, but often it is free. Today we are blessed to have many varied resources from which to draw upon when it comes to discovering the vast network of senior care facilities and programs.

Is homecare an option at this time? Will mom need memory care later on? Do you want your parent close to your work or your home? How much can you afford to spend on the care of your family member? These are the choices you will have to make.

A senior care advisor has first hand experience in the different types of care arrangements. They have screened the assisted living communities and they have a track record of serving happy customers. They are highly qualified to be able to discuss your specific needs. They are also experienced in dealing with the elderly in ways that are non threatening and comfortable. They can bring true objectivity to the process.

Advisors use professional tools to define what qualities are most important to you in terms of living environment, cost, location, and future care. Through private consultation on the phone or in person they can complete a very detailed analysis of what criteria are absolutely crucial to your plan and what you may be able to live without in order to find the right fit. For example, one assisted community may have lots of outdoor space for your mom to walk but may not offer memory care if she develops Alzheimer's Disease. With the help of a professional you can decide which is more important.

Is in-home care an option for you? An advisor can help you decide if staying put is the best solution for your family member right now. They can lead you through the process of how it works and just what types of services are available at home.

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Location is a large factor when considering a move to a senior living community. An experienced advisor can help you choose the location that will best suit your entire family. They can suggest a variety of options in specific geographic areas.

Price is often a deciding factor in choosing a community. Not all communities arrive at their total costs in the same way. A professional advisor will help define the costs associated with the care you'll need. They can help you consider value as an option over price. This not only saves hours of your time but will surely help narrow your decision.

Once you have defined your options, your plan to help mom or dad can unfold. Don't wait for a crisis. Discover your options now.

Call CHOICE at **800-361-0138** for a free, in-home consultation or guidance by phone or [email](#)

Get help now!

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