

Your *Quick-Start Guide* to Finding Senior Care

Have you noticed age-related changes in your loved one that make you wonder whether living at home is still the best option for them? If you have, but you aren't sure what to do next, this quick-start guide is for you. We'll cover strategies to help you find the best care options for them — whether it be in-home care, a senior living community, or a combination of these.



aPlaceforMom®

THE PLACE FOR SENIOR LIVING ADVICE

Starting the conversation about senior care

Consider these tips for talking about senior care:

#1

Share your most important concerns, but don't overwhelm.

If you have multiple concerns, choose one or two to discuss in an initial conversation.

#2

Listen to everyone's feelings.

Ensure everyone feels included in the decision-making process.

#3

Plan to have more than one discussion.

Your loved one may not be immediately open to the idea that they need help at home or would be safer and more supported in a senior living community.

#4

Have discussions at the right times.

Avoid raising the topic during stressful situations. Instead, wait until you can have your loved one's undivided attention in a calm setting.

#5

Be patient and flexible with the definition of success.

Prioritize productive, respectful conversations over getting to an answer quickly. If you can agree to talk again, you're on the right track.

Understanding care needs and options

There are many choices available to support seniors' freedom, independence, and well-being as they age. The most appropriate option for your loved one will depend on the type and amount of help and supervision they need.

Senior Living Options

Independent living

This type of senior living community is designed for older adults who don't require assistance.

Home care

Services may include companionship, help with daily activities, home health care for medical needs, or a mix of these.

Assisted living

This option is designed for seniors who need some assistance performing daily activities and maintaining their routines.

Memory care

Memory care provides a safe environment and specialized support for seniors who have Alzheimer's or another form of dementia.

Nursing home

This is the highest level of senior care. It's designed for people who need significant help with daily activities and/or need frequent skilled nursing care.



Choosing the best option

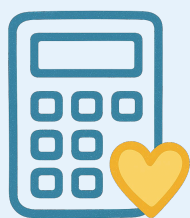
We can help you decide which care option is right for your loved one. Use our online care quiz to understand which setting and services are most appropriate.

[Take our care quiz](#)

Paying for senior care

There are many methods to consider depending on your loved one's situation. Common payment options include:

- **Retirement accounts and benefits, savings, and investment income**
- **Home equity**
- **Insurance (life and long-term care)**
- **Public programs, such as Medicare and Medicaid**
- **Veterans benefits**



Understanding your budget

Use our care cost calculator to understand your loved one's current expenses and how they compare to the cost of different senior living options. You may be surprised to learn how much they're spending now and how comparable the alternative care options may be.

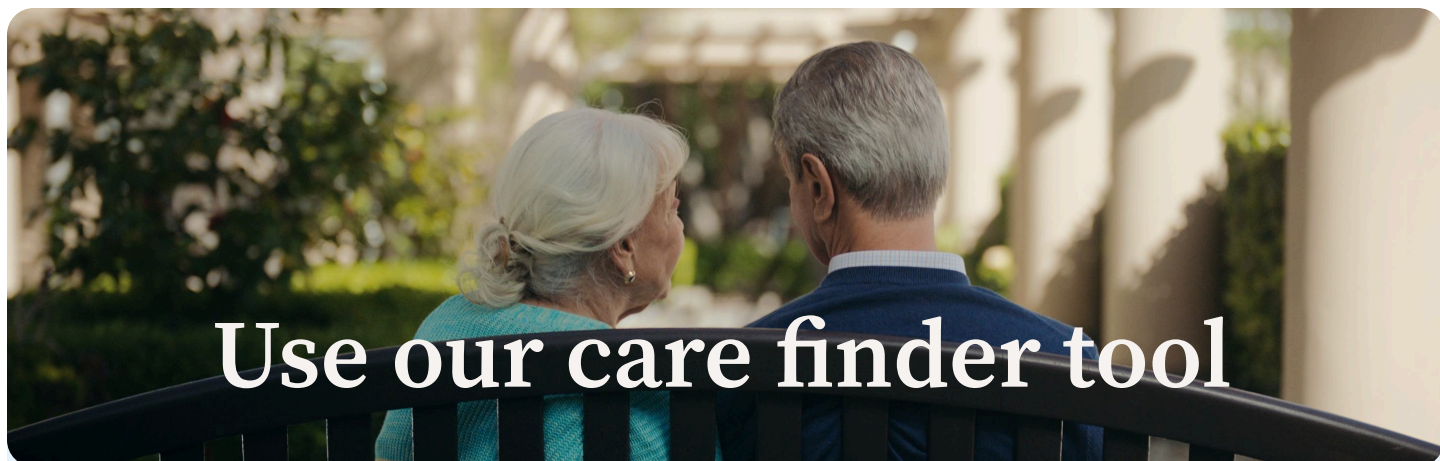
Try our senior living cost calculator

Help in finding the right fit

At A Place for Mom, we know that a lot goes into considering senior care for your loved one. As you compare options, you'll need to consider your loved one's:

- **Care needs — both current and future**
- **Desired services and amenities**
- **Budget and available payment resources**

When you share your contact information, one of A Place for Mom's Senior Living Advisors will reach out to answer your questions about care options, provide you with resources, and, when you're ready, match you with area communities and/or agencies based on your family's needs.



Check out providers in your loved one's area that are tailored to their budget, needs, and personal preferences.

Get started

A Place for Mom partners with more than 12,000 senior living communities and 4,000 home care agencies. Our extensive nationwide network ensures that you'll have more personalized options to choose from.

How our service works

STEP 1

Talk to an expert advisor about your loved one's care needs.

STEP 2

Receive a list of recommendations that fit your family's unique situation and budget.

STEP 3

Evaluate your options by touring communities and/or interviewing home care agencies.

STEP 4

Make a care decision you feel good about.

Connect with an advisor

If you and your loved one are ready to start touring communities or interviewing home care providers, our Senior Living Advisors can make all the arrangements for you.

Call **833-550-1074**

A Place for Mom provides senior care guidance and recommendations at no cost to families because we're paid by our participating communities and agencies. So, feel free to ask us anything — we're here to help.

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