

The Caregiver Toolbox

Caring for Someone in a Care Facility

Over 12 million persons of all ages require some type of help with long term care. More and more, families are able to provide care at home. However, sometimes, your loved one's care requires more attention than you can safely or affordably give at home, and your loved one needs to move to an environment which can meet those needs. **When this happens, the type of care you are providing will change but your family member still needs you as much as ever...**

Choosing a Care Facility:

Time to Consider Care Facility Placement When...

- **The person** receiving care has dementia that produces unpredictable behavior including wandering.
 - **The person** receiving care has incontinence.
 - **The caregiver** is unable to safely lift and transfer the person.
 - **The caregiver** is experiencing sleep deprivation.
 - **The caregiver** has health problems.
 - **The caregiver** is experiencing resentment.
 - **The caregiver** is experiencing other significant life stressors.
- **There are many different kinds** of facilities that meet different needs. The most common are assisted living facilities and nursing facilities.
 - Payment options vary **widely** depending on the type of facility. Ask clarifying questions about fees and payment sources when visiting.
 - **Locate the facilities** in your area by reviewing Ohio's Long Term Care Consumer Guide (www.ltc.age.ohio.gov)
 - **Choose a facility nearby** so family and friends can visit frequently
 - **Visit as many facilities** as you can at different times of the day to observe staff and activities
 - **Ask lots of questions** about the care and observe carefully what residents are doing while you are visiting
 - **Talk to families**, friends and others who have had **recent** experience with particular facilities



Questions to Ask??

- Is the facility licensed and by whom?
- Is the facility Medicare or Medicaid certified?
- What services and supplies are included in the daily rate?
- How are roommates selected?(if applicable)
- How are complaints handled?
- What is the staff to resident ratio on all shifts?
- Are therapies available if needed? At what additional cost?
- How is pain managed?
- What are visiting hours? Are there restrictions?
- Who is available to answer concerns “after hours?”

Resident Rights in a Care Facility

- Be free from physical, verbal, mental, and emotional abuse
- Be free from physical and chemical restraints
- Be treated with dignity and respect
- Receive adequate and appropriate care to meet your medical, social, and emotional needs
- Receive itemized bills for services rendered
- Be informed in advance of the charges for services
- Participate in planning own care
- Voice grievances and problems
- Control who has access to medical records
- Be free from financial exploitation and to manage own personal affairs
- Receive reasonable notice before a room or roommate change
- Receive notice of any transfer, discharge or discontinuation of services and be given information about any available appeal process

The resident should receive these rights in writing upon admission!

Watch Out for the 7 Most Common Problems in Care

1. Not being taken to the bathroom when needed can lead to incontinence
2. Not getting enough fluids can lead to dehydration
3. Not getting enough to eat can lead to malnutrition
4. Improper grooming can lead to poor hygiene
5. The lack of preventative skin care can lead to pressure sores
6. The lack of range of motion exercises can lead to loss of mobility
7. The lack of encouragement to retain independence can lead to loss of function.

Getting the Care You Want

- Attend or request Care Planning Conferences with facility.
- Keep open communication with facility staff.
- If concerns continue, contact the Long Term Care Ombudsman.
- To make a formal complaint, contact the Ohio Dept. of Health.

What to Bring to Visits

- Food – that special something that will not usually be on the facility menu – coney islands, deviled eggs, pizza, KFC, limburger cheese, onions!
- Music – whatever the person enjoys.
- Photo albums, home videos
- Movies, sports videos
- Books, magazines
- Animals (check facility policy on animal visitation)
- Be Creative!



Tips for Outings from the Facility

If you plan to take your loved one on outings consider the following:

- It is important to gauge your loved one's endurance, especially if they have not had any recent outings.
- Get input from facility staff.
- Help your loved one mentally prepare for a trip. Begin discussing it well in advance. He/she may need to build up stamina with short trips.
- Be sure clothing is practical and appropriate for the weather.
- Plan for handling incontinence.
- Obtain any medications needed while the person is out of the facility. Take extra doses if possible.
- Be sure you are capable of safely transferring your loved one.
- Be sure you understand how to use any required medical equipment.

This information is provided by: The National Family Caregiver Support Program



This is a nationally funded program operated in Central Ohio by the Central Ohio Area Agency on Aging (COAAA). It offers caregiver workshops and funds services designed to assist caregivers on a short term basis. The services include: information and assistance, counseling, respite, and other supplemental services.

Request a copy or download our other guides:

- Central Ohio Older Adults Resource Guide
- The Caregiver Toolbox
- Central Ohio Long Term Care & Hospice Guide
- Central Ohio Housing & Home Repair Guide
- Central Ohio Private Homecare Guide
- Central Ohio Utility Guide
- Central Ohio Prescription Guide
- Central Ohio Transportation Guide
- Central Ohio Support Group Guide
- Central Ohio Respite Guide
- Central Ohio Moving & Transitions Guide
- Books, Videos, and Websites for Family Caregivers.
- Central Ohio Kinship Care Guide (New)
- Central Ohio Hiring Guide for In Home Caregivers (New)
- Central Ohio Pet Care Guide (New)

The COAAA also provides monthly Caregiver Support Groups & Information Sessions.

For more information, call 1-800-589-7277 or visit www.coaaa.org.

Or in your county, call one of these agencies:

- **Delaware**-SourcePoint 740-363-6677
- **Fairfield**-Meals on Wheels Older of Fairfield County 740-681-5050
- **Fayette**-Community Action Commission of Fayette Co. 740-335-7282
- **Franklin**-Franklin Co. Office on Aging 614-525-6200
- **Licking**-Licking Co. Aging Program 740-345-0821 or 1-800-452-0097
- **Madison**-Madison Co. Senior Center 740-852-3001
- **Pickaway**-Pickaway County Senior Center 740-474-8831
- **Union**-Union County Senior Services 937-644-1010