

TIPS AND RESOURCES FOR CAREGIVERS

Moving to a Nursing Home or Assisted Living Facility

To the fullest extent possible, the person you help should make their own decisions about treatment options, where they live, and which Medicare Part B, C, or D options they choose. If you are authorized to make any of these decisions on their behalf, you have a special responsibility to ask questions about what outcomes can be expected and the type and amount of help that will be needed for any treatment options.

GET HELP ON THE WEB FROM *ASK MEDICARE* (www.medicare.gov/caregivers)

- **Involve the care manager as you prepare for discharge.** Download the guide, “Planning for your Discharge,” and involve the care manager as well as the patient in the decisions around where to next be moved.
- **What type of long term care is needed?** There are many different levels and settings for long-term care. Visit the *Ask Medicare* Web site and select “Caregiver Topics,” then “Care Options,” and “Learn about Various Types of Care.”
- **Know what to look for in a facility.** Medicare offers the “Guide to Choosing a Nursing Home,” which describes criteria for selecting a nursing home, such as performance on health inspections, staffing, quality measures, and security. Visit the *Ask Medicare* Web site and select “Caregiver Topics,” then “Care Options,” and “Choose a Nursing Home.”
- **Is financial help available?** Learn about the various ways to pay for nursing homes and other types of long term care by visiting the *Ask Medicare* Web site and selecting “Caregiver Topics,” then “Care Options,” and “Pay for Nursing Home Care.” Information is also available at 1-800-MEDICARE (1-800-633-4227). The “Guide to Choosing a Nursing Home” also offers additional information about paying for care, including facts about Medicare prescription drug coverage.

ADDITIONAL CAREGIVER RESOURCES ON THE INTERNET

- The United Hospital Fund’s *Next Step in Care* campaign offers information on key health care transitions at: www.nextstepincare.org.
- AARP offers a “Planning Guide for Families.” Visit www.aarp.org and then select the “AARP Foundation” link and select “Prepare to Care.”
- The U.S. Department of Health and Human Service’s Administration on Aging offers a free Eldercare Locator at www.eldercare.gov that connects older Americans with information on senior services that support independent living.
- The Aging and Disability Resource Centers also lists additional types of long term care available in most states at www.adrc-tae.org.

Ask Medicare (www.medicare.gov/caregivers) also offers information on enrolling in Medicare, choosing a prescription drug plan, finding state and local resources to support caregiving tasks, accessing in-home services, and a free e-newsletter with the latest Medicare updates.