

The Capital Region Guide to
NURSING HOME ALTERNATIVES



Learn why home care is the best choice for your family.

FINDING THE RIGHT CARE

When loved ones are no longer able to care for themselves, families have difficult decisions to make. Making those decisions can be overwhelming.

How much care is needed? Will those needs change over time? Is 24-hour care needed or just a daily check-in? Would they be best served in a group health facility or would they be healthier and happier at home? What can the family afford? Is there insurance that can help pay for care?

Due to limited choices in the past, nursing homes were often thought of as the only option. Today, many choices are available.

The goal of most families is to find a safe environment where their loved one will be happy and can get the health and personal care they need.

This guide is here to help you explore your options and to answer your questions during this challenging process.

WHAT OPTIONS ARE AVAILABLE?

Too often we use terms such as nursing home, assisted living and rehabilitation center interchangeably. But each of these entities offers a specific range of service catering to a particular set of patients.



TOP 5 MYTHS OF HOMECARE

If you have Alzheimer's or dementia you need to be in a nursing home.

There are many safe settings to receive care if you have Alzheimer's Disease or Dementia. Adults with Alzheimer's or dementia are often more comfortable in the familiar surrounding of their own home. If your loved one requires round the clock care, there are home care agencies that can provide 24/7 coverage to keep your loved one safe.

You won't be safe at home.

Frequent home care visits monitor a patient's condition and the safety of the home. 24/7 care is available to keep your loved one safe.

My loved one needs 24-hour, one-on-one care and it's only available in a nursing home.

Home care can work with patients and families to make sure each patient is getting the personalized, round-the-clock care they need to stay healthy.

If you're bed bound, you need to be in a nursing home.

Home care can provide 24-hour care to patients who are bed bound or require assistance with mobility.

I can't afford home care.

There are options to help pay for home care services. Home care scheduling can be adjusted to a patient's needs, so you only pay for the care you receive.



AVAILABLE OPTIONS

Nursing Homes

A nursing home, or a skilled nursing facility (SNF), provides 24-hour nursing care to those who are sick, hurt, are recovering from surgery, or have chronic care needs or disabilities and need high-intensity care. Some people spend a short time at a nursing home after being in the hospital, then return home. However, most nursing home residents live there permanently because they require constant care and supervision. Nursing homes offer the most intensive care and are therefore, often, the most expensive option.

Rehabilitation Facilities

Rehabilitation is a beneficial, but temporary solution to help while recovering from illness, surgery or injury. These programs provide comprehensive rehabilitation services to people with injuries or who are recovering from illness to achieve a level of recovery that will allow them to move into a less intensive environment.

Assisted Living

Assisted living is a housing facility for people who need assistance with daily activities. Levels of accommodations and comfort can vary from facility to facility. Assisted living can also offer personal care services such as meals, help with medications, housekeeping and social and recreational activities.

Independent Living Facilities

Independent living is suited for seniors who want access to minimal assistance and services when needed but prefer to live on their own terms in an organized, seniors-only environment.

Staying at Home

Staying at home is an option for those who require care and still want to stay at home. Utilizing the services of a home care agency allows many types of clients to stay in the comfort of their own homes while receiving professional caregiver treatment and monitoring. For those who need only a few hours a day or those who may need 24-hour around the clock support.

WHY HOME CARE MAY BE THE BETTER CHOICE

- Adults with chronic diseases and disabilities, such as Alzheimer's or dementia, heart failure or diabetes, who need ongoing monitoring but want to maintain their independence.
- People who need assistance and care as they recover from surgery, accidents or injuries.
- People who need help with household tasks, meal preparation or pet care.
- People who need transportation to appointments and other activities.
- Seniors who need assistance with medical issues but want to stay in their own homes.
- Veterans and their families.
- People who need assistance with personal hygiene care.
- People who require 24-hour monitoring and attention.
- Adults with physical or cognitive disabilities who need care and companionship in the home and help to navigate their daily lives, appointments and activities.
- Caregivers who want to keep their loved ones at home but need long or short-term respite.

KNOW YOUR OPTIONS

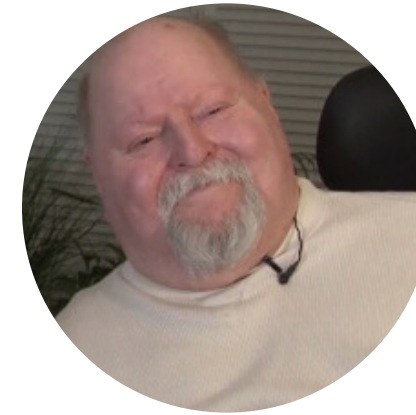
Before making a decision, it's important to research your options. Home care agencies are not all the same. You may need specialized care, 24-hour care or communication options for long-distance caregivers. Before making a choice, make a list of the features that are most important to you and your family and discuss them with prospective care agencies.

MAKING THE BEST CHOICE FOR YOUR FAMILY

	Stay at Home	One-on-One Care	Coordination of Care	24/7 Care	Timely Admission	Alzheimer's Disease or Dementia Care	Socialization	Safety & Security	Long Term Care Insurance
Assisted Living				*		●	●	●	●
Home Care Agencies	●	●	●	●	●	●	●	●	●
Independent Living Facilities							●	●	
Nursing Homes			●	●		●	●	●	●
Rehabilitation Facilities			●	●		●	●	●	●

*24/7 facility but not round-the-clock direct care

TESTIMONIALS



"You feel like you're part of their family. And you are family. You're with family. And you're family with everybody you come in contact with in this organization."

Gerry, Patient



"My reward is just knowing that I helped someone take that other step to become independent. That's the best reward."

Arkita, Personal Care Aide



"I like to be free and do my own things. All the things I need, Belvedere will do for me. It makes me very happy."

Marva, Client



CHOOSING THE BEST HOME CARE SOLUTION

	100% Real-Time Electronic Documentation	Family Portal for Real-Time Updates	Reliable 24/7 Onsite Care	High Staff Retention	Specialized Training	RN Over Sight on Every Case	Dementia Care	Locally Owned and Operated
Accent Health Care Services, Inc.			●		●	●	●	●
All Metro Health Care			●		●	●	●	
Belvedere Home Care	●	●	●	●	●	●	●	●
Home Instead Senior Care			●		●	●	●	
Interim Healthcare of the Capital Region			●	●	●	●	●	●
Right at Home Albany					●	●	●	
Unlicensed/ Family/Friend								
Unlimited Care, Inc.					●	●	●	
Visiting Angels						●	●	

For help making the best home care decisions for your family contact Belvedere Home Care

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