

## LIVING ARRANGEMENTS

---

**Choosing the Best Place for Care:** Home is where the heart is. There is no place like home. It is obvious that home holds a special place in each of our lives. It is often a source of comfort and safety for us. It holds many of life's memories. However, as the person for whom you are caring becomes more impaired, you may need to consider changing things about your home or where you live. This site is meant to provide information about some of the choices available. We hope it will help you to make a decision about the best place for both of you to live. Remember that these choices are individual and need to be flexible. A list of possible locations and services is listed below with links to provide more information. Information about charges is included but it is recommended that you check with your individual insurance plan for what services they will cover.

### LIVING AT HOME

#### Senior Centers

These are community-based centers that focus on providing socialization and leisure activities to independent elders who do not require assistance or supervision. Services vary by site but may include meals, transportation, health screening, and recreational activities. These centers are usually funded by cities and counties but a small fee may be charged which is not reimbursed by insurance plans.

#### Adult Day Health Care Center

These centers provide social, medical and emotional support in a structured and supervised environment by trained professionals for patients who are functionally or cognitively impaired. Services vary by site, but may include counseling, meals, transportation, personal care, physical therapy and exercise. These centers often have a minimum number of days/week that individuals are required to attend and charges are on a daily basis. Some insurance carriers will reimburse for part of the fees when medical care is provided.

For more detailed information:

- [Adult Day Service Centers](#)  
California Care Network
- [Careguide.net](#)
- [Selecting an Adult Day Care Center](#)  
ElderCare Online
- [National Adult Day Services Association \(NADSA\)](#)

### CARE AT HOME

Often people prefer to remain in their home and have help come in as needed. The level of help you require can vary depending on the needs of the individual. Early on, supervision and socialization may be all that is required. Later, the needs of your family member may include more physical care such as bathing, toileting, and feeding. Individuals can be hired through personal contacts or local agencies can provide trained staff to meet these needs. It is always a good idea to interview someone and speak with references before you hire them. If there are medical needs (ex. wound care or blood monitoring), sometimes a Visiting Nurse Association (VNA) will provide services for a short time. These services may be reimbursed by insurance providers, especially if the



