

## Long-Term Care Planning

<p><b>Identify the Problem</b></p>	<p><b>PROBLEM:</b> Long-Term Care Planning</p> <p><b>GOAL/EXPECTED OUTCOME:</b> To facilitate long-term care planning</p>
<p><b>Explore</b></p>	<p><b>ASSESS FURTHER:</b></p> <ul style="list-style-type: none"> <li>• Does the person have capacity to make long-term care planning decisions? If so, engage the person as much as possible</li> <li>• What are the long-term planning issues?             <ul style="list-style-type: none"> <li>○ Financial needs?</li> <li>○ Legal needs?</li> <li>○ Durable Power of Attorney for Finances?</li> <li>○ Durable Power of Attorney for Healthcare?</li> <li>○ Residential options (possible changes in residence?)</li> <li>○ Finding other available caregivers?</li> <li>○ End of life decisions?</li> </ul> </li> <li>• Staying at home             <ul style="list-style-type: none"> <li>○ Will the person be safe to remain at home with 24/7 in-home assistance?</li> <li>○ Are there resources available to maintain living at home? (i.e., financial resources, caregiving resources, family support)</li> <li>○ Does the person have adequate hours of in-home supportive services to assist with:                 <ul style="list-style-type: none"> <li>▪ Medication management?</li> <li>▪ Overnight/daytime supervision?</li> <li>▪ Medical care?</li> <li>▪ ADL assistance?</li> <li>▪ IADL assistance?</li> </ul> </li> <li>○ Is there someone available to live with the person long-term and provide needed care for the needed hours?</li> <li>○ Does that caregiver understand symptoms and safety concerns of caring for a person with dementia?</li> </ul> </li> <li>• Long-term care out of the home             <ul style="list-style-type: none"> <li>○ Is there any opposition to long-term care facility placement as needed?</li> <li>○ Does the caregiver know about residential care facility options? (Suggest visiting a variety of facilities before a crisis arises). Consider:                 <ul style="list-style-type: none"> <li>▪ Monetary cost</li> <li>▪ Travel time to the facility</li> <li>▪ Physical environment of the facility</li> <li>▪ Background/interests of the person you care for</li> </ul> </li> </ul> </li> <li>• Does the caregiver and/or the family know about Medicaid waiver programs?</li> </ul>

<p><u>Adjust</u></p> <p>Problem solve with interventions and actions</p>	<p><b><u>TEACH PROBLEM-SOLVING STRATEGIES TO CAREGIVER:</u></b></p> <ul style="list-style-type: none"> <li>• Learn about different long-term care options</li> <li>• Utilize respite resources, including other family members, friends, community members, neighbors, volunteer organizations, etc., to maintain living at home</li> <li>• Professional caregiver, short and long-term in-home help</li> <li>• Discuss facilities that provide over-night respite</li> <li>• Discuss long term care plans with all involved caregiver and the person being cared for, before a crisis happens</li> <li>• Learn about and discuss the challenges of physical care in the late stages of the disease</li> <li>• Seek assistance from family and friends when touring facilities and making decisions</li> </ul>
	<p><b><u>CLINICAL SUPPORT:</u></b></p> <ul style="list-style-type: none"> <li>• Refer to PCP to discuss and assess medications, medical care needs, and required levels of care (ongoing assessment)</li> </ul>
	<p><b><u>CAREGIVER SUPPORT AND COMMUNITY RESOURCES:</u></b></p> <ul style="list-style-type: none"> <li>• Listen empathically to caregiver and evaluate for level of distress</li> <li>• Refer to Legal and Financial Planning and End-of-Life care plans, as they may overlap</li> <li>• Refer to Home and Community-Based Services Planning and Management (HCBS CPM) formerly MSSP</li> <li>• Refer to Alzheimer’s Los Angeles for support groups, disease education, and care consultation               <ul style="list-style-type: none"> <li>○ ALZ Direct Connect® referral</li> <li>○ Provide Helpline #: 844.HELP.ALZ   844.435.7259</li> <li>○ Website: www.alzheimersla.org</li> </ul> </li> <li>• Local Community Resources: _____</li> <li>• Send literature:               <ul style="list-style-type: none"> <li>○ Topic Sheet – “A Guide to Different Levels of Care”</li> </ul> </li> </ul>
	<p><b><u>FOLLOW UP:</u></b></p> <ul style="list-style-type: none"> <li>• Schedule a phone call with caregiver to discuss outcomes and provide additional support</li> </ul>
<p><b><u>NOTES:</u></b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	