MAKING THE DECISION: and living with facility placement
EMOTIONAL ROLLERCOASTER

- Denial
- Anger
- Anxiety
- Sadness
- Depression
- Social Withdrawal
WHERE TO PLACE?

• ADULT DAY CENTER
  – Interact with others
  – Structured environment
  – Respite for caregivers

• RESIDENTIAL RESPITE
  – Overnight, a few days or weeks
  – Supervised, safe environment
  – Medical needs
  – Extended respite for caregivers
WHERE TO PLACE?

• Assisted Living, Personal Care Home, Nursing Home
  – Long-term stay
  – Varied amount of care
  – Secured vs non-secured
  – Varied number of residents

• Location, location, location
WHEN TO PLACE?

• Safety concerns
  – Poor mobility
  – Fire, appliances
  – Suicidal
  – Home modifications needed
  – Wander risk

• Hygiene
  – Incontinence
  – Refusal to bath, change clothes
WHEN TO PLACE?

• Health
  – Require assistant or nursing services
  – Administering medications

• Time & Energy
  – Increasing # of hours/day for care
  – Caregiving lack of sleep
  – Neglect other responsibilities
WHEN TO PLACE?

• Family Considerations
  – Family emotional divide
  – Loss of privacy
  – Interference with family dynamics
CAREGIVER STRESS—PHYSICAL SIGNS

• Grinding teeth
• General aches and pains
• Headaches
• Indigestion
• Change in appetite
• Racing heart
• Weight gain or loss
• Sexual difficulties
CAREGIVER STRESS OUTCOMES

- Exhaustion
- Sleeplessness
- Irritability
- Lack of concentration
- Caregiver health issues
- “I promised”
ANTI-STRESS TIPS

• Exercise
• Healthy diet
• Set realistic goals
• Set limits
• Delegate
• Prioritize tasks
• Ask others to help
• Get as much sleep as possible
ALZHEIMER’S ASSOCIATION

• Senior Housing Finder
  www.SeniorHousingFinder.org