

**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