

A Caregiver's Toolkit

You Have Questions. JABA Has Answers.

We know you want to be able to take care of the older or disabled adult you love. But, sometimes, you need assistance along the way. JABA has information that can help you understand where your loved one is on their journey and connect you to services that make your family's life easier. Let's take a few steps together to get you started.



Step 1: What Services Are Available?

Let's explain some options for your loved ones as they get older.

Options Counseling: JABA's counselors help you and your loved one decide next steps and identify available supports and services.

Personal Home Care: Comes to your loved one's home to provide support with tasks such as cooking, cleaning, shopping or running errands (various local agencies).

Home Health Care: Trained aide comes to your loved one's home for hands-on help with feeding, bathing, meal preparation, medication, etc. (various local agencies). Often prescribed by a doctor.

Assisted Living Facility: Long term care option for older adults who may need help with personal care and medication management and can benefit from socialization and activities. Assisted living facilities may also offer memory care for individuals with Alzheimer's or other forms of dementia.

Nursing Homes: Similar to ALFs, but residents live with more complex health conditions and require 24/7 medical supervision.

Community Senior Centers: JABA's seven centers in central Virginia are for independent seniors (including those with walkers, etc.) who can benefit during the day from socializing and activities with others their age.

Adult Care Centers: JABA's centers (Charlottesville and Louisa) offer day care during the week for adults with early dementia or disabilities, and provide a supportive environment with activities so that caregivers can have a break or continue to work.



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Step 2: How Is My Loved One Doing?

Over the last month or so, I noticed. . . .

Changes in My Loved One:	Rarely	Sometimes	Frequently	All the Time
Forgot where they were or wandering				
Falls				
Medication errors				
Incontinence/hygiene issues				
Missed meals/cooking issues				
Personality changes/anger				
Driving issues				
Other:				
Other:				

Step 3: How Am I Doing?

More and more, caregiving is having an effect on me. . . .

Changes in Me:	Check All That Apply
Feel like I have to do it all myself and should be doing more?	
Feel guilty for not being able to meet all of my obligations?	
Worry about the safety of the loved one I am caring for?	
Feel like I have given up things I enjoy?	
Put off taking care of myself, including my own health?	
Am concerned about making a critical mistake in care decisions?	
Worry that I am not able to provide the care my loved one needs?	
Other:	

Don't give up, you're assessing the situation. Let's continue on the next page.

Step 4: What Services Does My Family Need?

Caregiving is challenging and JABA is here to support you. Follow the decision tree below to help you think about your loved one's health, safety, capabilities and engagement. Then see which services may best meet their needs.



On the next page, we'll look at some obstacles to getting the right care.

Step 5: Can I Make This Happen?

Some major hurdles can stand in the way of getting care for your loved one.

Mom (or Dad) Won't Go: Change is difficult for everyone. Often an elder is in denial and things may get worse before they will listen to you. A few suggestions:

Having "the conversation" with your loved one can be difficult. Be patient. JABA has years of experience helping families through situations like this, so feel free to call us.

Visit a JABA Community Senior Center or Adult Care Center with your elder. **Call in advance** to schedule your visit. Consider respite care options at assisted living facilities.

When your loved one's health and safety are at a critical point, give yourself permission to make decisions to protect them.

Can My Family Afford This? Care can be expensive. Take a deep breath and let's look at average prices in central Virginia (care option descriptions on first page). Keep in mind that your loved one may be entitled to benefits/scholarships that reduce costs.

Type of Care	Hourly Cost	Daily Cost	Yearly Cost	Notes
Adult Day Care	\$10.31	\$82.50	n/a	
Personal Home Care or Home Health Care	\$21-22	\$168-176	n/a	8-hour day
Assisted Living	n/a	n/a	\$61,200 / 71,400	Semi- vs. private room
Nursing Home	n/a	n/a	\$73,365 / 79,205	Semi- vs. private room

Step 6: This is the time to call JABA.

Call JABA and set up a time to meet with our qualified staff at no charge. We offer many services and can also connect you to community supports.

The journey you and your loved one are on is long and complex. JABA knows you want to do the best thing. Even if you have spoken with us before, situations change.

We're ready to help. Start by giving us a call.



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