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.

**Aging Services Coordinators:** JABA helps you and your loved one decide next steps and identify available supports and services.

**Community Senior Centers:** JABA’s centers throughout 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.

**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).

**Respite & Enrichment Center (REC):** JABA’s centers (Charlottesville and Louisa) offer support during the week for adults with dementia or disabilities, providing an environment with activities so that caregivers are supported.

**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.
**Step 2: How Is My Loved One Doing?**

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

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

**Step 3: How Am I Doing?**

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

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

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.

Does my loved one forget any of the following?
☐ What they are doing midway through a task?
☐ To take medications?
☐ To keep up with hygiene?
☐ To turn appliances off after use?
☐ To attend medical appointments?
☐ If it is morning, night or midday?

No

Can they safely perform daily activities (in an appropriate time/manner) including:
☐ Moving around their environment?
☐ Getting dressed?
☐ Bathing and showering?

Yes

Has their judgment been affected? Have they ever:
☐ Dressed inappropriately for the weather?
☐ Invited strangers in to their home?
☐ Been careless with sharp objects?

Are they unsafe in their home? Do they:
☐ Have a recent history of falling?
☐ Forget to turn off burners after cooking?
☐ Forget to lock doors?

No

Do they use the restroom independently?
☐ Can they get to the toilet?
☐ Without accidents?
☐ Can they clean up after toileting?

Can they safely:
☐ Complete chores/meals?
☐ Manage medications?
☐ Manage money?
☐ Drive or access transportation?
☐ Use a phone or other form of communication?

No

Do they require daily skilled nursing services?

Yes

Contact JABA to discuss potential payment/assistance options: insurance provider, DSS, VA, waivers, scholarships.

No

Home with family, community-based and/or respite & enrichment support:
Consider JABA’s Respite & Enrichment Centers: Charlottesville & Louisa

Yes

Assisted living (ALF) or home with 24-hour supervision/assistance: ALFs are a long-term care option combining housing, support services and health care, as needed.

No

Nursing home: Contact JABA for a list of local nursing home facilities and other options.

Yes

Independent senior at home: JABA’s Community Senior Centers offer hot meals, socialization and a variety of activities during the week at no charge.

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 Respite & Enrichment Center with your loved one. Call in advance to schedule your visit.
- 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 Virginia (use care option descriptions on first page). Keep in mind that your loved one may be entitled to benefits/scholarships that reduce costs.

<table>
<thead>
<tr>
<th>Type of Care</th>
<th>(State Averages)</th>
<th>Hourly Cost</th>
<th>Daily Cost</th>
<th>Yearly Cost</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weekday Respite</td>
<td></td>
<td>$10.31</td>
<td>$82.50</td>
<td>n/a</td>
<td></td>
</tr>
<tr>
<td>Personal Home Care or Home Health Care</td>
<td></td>
<td>$21-22</td>
<td>$168-176</td>
<td>n/a</td>
<td>8-hour day</td>
</tr>
<tr>
<td>Assisted Living</td>
<td>n/a</td>
<td>n/a</td>
<td></td>
<td>$61,200 / 71,400</td>
<td>Semi– vs. private room</td>
</tr>
<tr>
<td>Nursing Home</td>
<td>n/a</td>
<td>n/a</td>
<td></td>
<td>$73,365 / 79,205</td>
<td>Semi– vs. private room</td>
</tr>
</tbody>
</table>

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.