



WHAT TO DO WHEN YOU FEEL YOU CAN NO LONGER CARE FOR YOUR LOVED ONE AT HOME

There are times when it is not possible for a loved one to continue living alone or when you can no longer care for them in your home.

People may enter a care facility for a variety of reasons, including (but not limited to):

- Medication Management
- Mobility Issues
- Increased caregiver stress
- Unsafe Home

You are not alone! There are many resources to help; some are included on the back page of this sheet. **Knowing your options can help decide what to do.**

Care Options Include:

- Looking for care facilities for your loved one
- Finding a caregiver, nurse, or employee to stay with your loved one in their home

There are a variety of levels of care:

Adult Care Homes— State licensed facilities providing 24-hour room and board, personal care and supervision. There is no requirement for nursing personnel to be on site. Also known as “assisted living.” The three types of adult care homes are:

- Family Care Home: cares for 2 to 6 unrelated adults.
- Adult Care Home: cares for 7 or more adults
- Group Home for Developmentally Disabled Adults: for 2 to 9 unrelated adults

- **Nursing Homes**—State licensed facilities providing 24-hour room and board, personal and nursing care, and supervision. They must have nursing personnel on site. They are sometimes known as “intermediate and skilled nursing facilities.” These facilities can help with rehabilitation, long-term care, and end-of-life care.

Resources for Staying At Home

- **Chatham County Council on Aging** www.chathamcouncilonaging.org
(919) 542-4512; Eastern Chatham Senior Center, 365 Highway 87 N, Pittsboro
(919) 742-3975; Western Chatham Senior Center, 112 Village Lake Road, Siler City
The Council on Aging offers a variety of services to help older adults remain living safely at home. These include home-delivered meals, loaning of assistive equipment, in-home personal care, medical transportation, incontinence supplies, minor home modification and repair, and respite and other supports for family caregivers.
- **Community Alternatives Program for Disabled Adults (CAP/DA), Chatham County Health Department**
CAP/DA offers an alternative for elderly and disabled individuals, who are eligible for Medicaid and face possible placement in a nursing home. For further information, contact: Shvaughn J. Ross, SW, (919) 542-8265, shvaughn.ross@chathamnc.org or Jana Wiley, SW, (919) 742-5641 (ext 4269), jana.wiley@chathamnc.org
- **Special Assistance (SA) In-Home Program, Chatham County Social Services**
The SA In-Home Program offers an alternative for elderly and disabled individuals, who are eligible for Medicaid and face possible placement in assisted living. For further information, contact 919-542-2759. Social Services offers other services that may be helpful as well, including adult placement services, guardianship, and in-home aide.
- **Piedmont Health SeniorCare, Program of All-inclusive Care for the Elderly (PACE)**
PACE provides comprehensive health services for individuals age 55 and over who are nursing home eligible but able to live safely in the community. Most participants are Medicaid eligible although private pay clients are also accepted. Located at 163 Chatham Business Drive in Pittsboro, (877) 714-2100
- Assisted Living Home Options in Chatham County and Chapel Hill: visit <https://www.seniorcaring.com/assisted-living-in-chatham-county-north-carolina>
- For a list of State licensed agencies, go to: <https://info.ncdhhs.gov/dhsr/reports.htm>
- For information about facilities in Chatham and the rights of residents of licensed facilities, contact the Long Term Care Ombudsman Program at the Triangle J Council of Governments: <https://www.tjcog.org/aging/long-term-care>
- For federal information comparing nursing homes, go to: <https://www.medicare.gov/nursinghomecompare/search.html>
- For state information on family care homes and adult care homes, go to: <https://info.ncdhhs.gov/dhsr/acls/star/search.asp> For consumer checklist to help in selecting a facility, go to: <http://www.resourcesforseniors.com/pdf/ltcchecklist.pdf>
- To help the family caregiver with the placement decision, one recommended book is: *When Love Gets Tough: the Nursing Home Decision*

*Is information on this flyer incorrect or outdated? If so, please report it to (919) 542-4512.