

# But, I Don't Want to Leave My Home!

RETIREMENT COMMUNITIES CERTAINLY HAVE THEIR BENEFITS AND ARE A GREAT FIT FOR MANY PEOPLE. HOWEVER, SOME INDIVIDUALS DO NOT WANT TO LEAVE THE HOMES IN WHICH THEY HAVE LIVED FOR MUCH OF THEIR ADULT LIVES. THEIR WORRIES CENTER AROUND THE STRESSES OF MOVING, BECOMING ACCUSTOMED TO NEW SURROUNDINGS OR LIVING A MORE REGIMENTED LIFESTYLE. IT'S PERFECTLY UNDERSTANDABLE THAT THEY WOULD PREFER TO LIVE OUT THEIR LIVES IN THE COMFORT OF THEIR OWN HOMES.

**Remaining in** your home requires advance planning. But, even with the best set of plans in place, it is important to make contingency plans, i.e. know in advance what your short-term and long-term plans are ... whether that is to eventually move to a retirement community or remain in the home as long as possible. By doing so, individuals can prepare themselves physically, mentally, emotionally and financially.

With this month's column, I'm going to provide useful information for those who desire to remain in their homes. (Part 2 of this discussion will appear in the December issue.)

## Adult Day Care

Adult day care provides care and companionship for seniors who need assistance or supervision during the day. This type of care can be beneficial to caregivers, as it often allows them the freedom to work, socialize with others, or simply take a break from the demands of daily caregiving. Plus, caregivers can gain peace of mind knowing that their loved ones are being well cared for and are safe.

There are two facets of adult day care. The first focuses on socialization with others. Social activities, meals, recreation and some health-related services are typically provided. The second offers more intensive health, therapeutic and social services for individuals with medical problems and for

those who may require nursing-home care. Most commonly, adult day-care fees range from \$40-\$100 a day. Many area retirement communities offer such services; check with one in your area.

## In-Home Care Companionship Care (non-medical)

Companionship, or non-medical care, is one of the most utilized services for those who wish to remain in their homes. According to the National Association for Home Care and Hospice, approximately 7.6 million individuals are currently being cared for by 83,000 providers due to acute illness, long-term health conditions or personal disability. According to a study performed in 2007, annual expenditures for home health care were projected to be \$57.6 billion.

In Lancaster County, there are more than 15 different companies that offer this type of service. Oftentimes, an individual will contact an in-home care agency and an agency representative will come to the home to evaluate one's needs. After the evaluation is completed, the family and the agency discuss how many caregiver hours are desired. At that point, the agency will often find an experienced and trained caregiver to come to the individual's home to assist him or her with Instrumental Activities of Daily Living (IADL) or Activities of Daily

Living (ADL).

Caregivers may be in the home as little as two hours a day, once a week, or as much as 24 hours, seven days a week. The cost of in-home care services will depend upon the number of hours requested. The cost for such services in this area may range from \$17-\$35 per hour or more.

## Nursing Care

Some in-home care agencies only offer companionship care, while others provide both companionship and nursing care. Some examples of nursing-care services that in-home care agencies provide include administering medications, tracheotomy care, tube feedings, wound care and other skilled needs. This service can range from \$18-\$35 per hour or more. Some in-home-care agencies will also provide therapy in the home, which is often covered by Medicare when ordered by the primary-care physician.

## Live-In Care

If an individual is looking for 24-hour, seven-day-a-week companion care, often the best option is Live-In Care of Pennsylvania (1655 Manheim Pike, 519-6860), which was established in 1998. While in-home care services bill on an hourly rate, Live-In Care bills on a daily rate at approximately \$140-\$200 a day. Live-In Care would offer assistance with IADL and ADL; however, instead of having a caregiver

come to the home for a few hours a day, a caregiver would live with the individual. In addition, the individual and his or her family would be required to provide the caregiver with appropriate accommodations and meals, etc.

## Meal Preparation

Individuals who are no longer able to cook might find it a relief to receive the services of Meals on Wheels (Lancaster-area telephone is 392-4842). Services can be provided on a short-term or long-term basis. Meals on Wheels accommodates special diets and supplies the client with well-balanced meals. This service usually ranges from \$12.50-\$17 (or more) a week, depending on how many meals are ordered. Receiving Meals on Wheels can also serve as a "check-up" on your loved one, as drivers/deliverers (typically volunteers) get to know the meal recipients on their routes.

## Therapy

### Aquatic Therapy

According to Wade Gamber at Kauffman-Gamber Physical Therapy (396-7766), aquatic exercises are beneficial for a number of reasons. First, the buoyancy of water lifts body weight and decreases the force on the joints. It increases balance and coordination. It aids in increasing circulation and reduces stress. The local office of the Arthritis Foundation holds aquatic programs at various locations. To enroll in an aquatic program and to learn about locations and fees, call them at 397-6271.

### Massage Therapy

Massage soothes the nervous system by encouraging relaxation, reducing stress and lowering blood pressure. Soft lighting, relaxing music and calming fragrances are frequently used by massage therapists to promote a sense of calm. Some massage therapists will provide the massage in the comfort of an individual's home.

### Exercising or Physical Therapy

According to one recent study, weight-bearing and resistance exercises,

combined with a calcium citrate supplement over four years, provided significant improvement in bone mineral density at key skeletal sites, whether or not the women who participated in the study were on hormone therapy. Another benefit of exercise is that it improves skin healing for seniors. It can also lead to an increased quality of life.

There are numerous other benefits, including improved balance and increased endurance, strength and flexibility. Experts have said that it is more important for seniors to focus on exercising than on their actual weight. Wade Gamber states: "Exercise improves one's physical, mental and psychological well being via improved oxygen uptake, improved circulation, mood enhancement, and release of endorphins - the body's natural pain killers."

Many of our fitness centers offer programs expressly for seniors. Check with one that is in your area.

## Transportation

In the event that individuals cannot transport themselves to and from appointments, Red Rose Transit Authority (RRTA) can pick them up at home, drop them off at necessary appointments and return them to home. Hours of operation are 6 a.m.-6 p.m. To utilize the services, RRTA recommends that an individual obtain a free State Transit ID card. This will ensure that other important identification cards are not lost while riding on the bus. An application must be completed in order to utilize this service. RRTA can be reached at 291-1243. ❖



Jessica A. Pavelko, a lifelong Lancaster resident and senior consulting specialist, launched Pavelko Senior Consulting Services, LLC (PSCS) in 2006. The business takes a unique personal and professional

interest in seniors and their families by assisting them in making certain all of the resources are being utilized that best meet an individual's needs. PSCS acts as an advocate and navigator for seniors, and helps them and their family members make wise decisions regarding the care that they desire and deserve. For more information, contact PSCS at 717-517-8871, e-mail at [info@pavelko.org](mailto:info@pavelko.org) or visit [www.pavelko.org](http://www.pavelko.org).