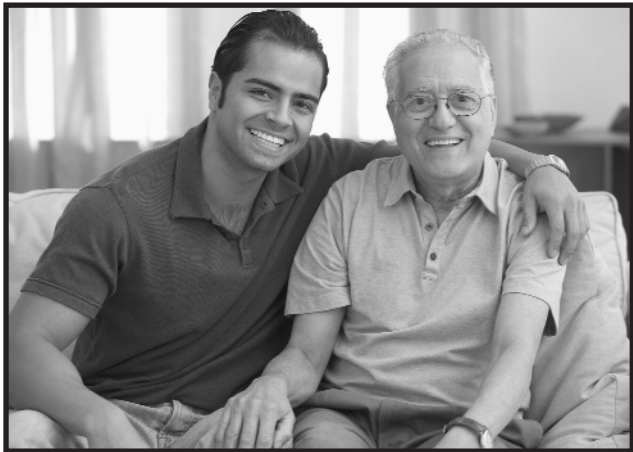


# Long-term Care Consultation FACT SHEET



***It's a fact: 70 percent of us will need some type of long-term care in our lifetime.***

Many people learn about long-term care the hard way: when they or a loved one need care, and quickly. Too often, that's when they discover:

- Long-term care can be expensive
- Medicare doesn't cover it
- There are many complex issues – finances, insurance, legal matters – that can't be dealt with properly in a crisis
- Options may be limited if you haven't planned ahead

Whether you're exploring long-term care for yourself, your aging parents, or another loved one, a *free* Long-term Care Consultation from Council on Aging of Southwestern Ohio (COA) will help you understand your options; options that may include living independently in your own home for much longer than you thought possible.

*Learning about long-term care options for yourself or a loved one brings peace of mind and more choices in how and where you receive care.*

### **What is long-term care?**

Long-term care is the help you need when you're not able to perform daily activities by yourself such as preparing food, dressing, bathing, managing medications or handling personal paperwork.

Contrary to popular belief, long-term care does not mean a one-way trip to the nursing home. In fact, long-term care today is more likely to be delivered in a variety of settings such as home, adult day centers, and assisted living facilities.

COA's comprehensive, personalized long-term care assessments are a must when care is needed right away, but they also equip you with the information you need to plan for your future.

### **Schedule a Long-term Care Consultation if you:**

- Need answers about aging services for yourself or a loved one
- Want information about alternatives to nursing home care
- Want to help your parents or grandparents as they grow older
- Are caring for someone with a long-term illness

**Call (513) 721-1025 to get started today. Consultations are conducted free of charge in your home by a nurse or licensed social worker.**

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# More About COA Long-term Care Consultations

## Prepare today for tomorrow's choices:

Making decisions about long-term care can be stressful, especially following a sudden illness or injury when you don't have time to understand the options. Planning today brings peace of mind and helps you "own your future."

## What happens at a Long-term Care Consultation?

A registered nurse or licensed social worker will help you think about important issues:

- What types of help will you need?
- Where do you want to receive long-term care? Most people prefer "at home."
- What programs and services are you eligible for?
- How will you pay for care? Most people don't realize that Medicare doesn't cover long-term care.

## Depending on your needs, you'll get a packet with:

- **Information about long-term care options** and how to apply for services
- **Information about estate planning**, including financial and legal matters
- **A personalized list of factors to consider** when thinking about your long-term care options
- **Information about programs and services** that can help you maintain your independence
- **A long-term care plan**, including a summary of available options and resources to meet your specific needs

## Who is eligible for a Long-term Care Consultation?

- Anyone - there are no age or income requirements
- Consultations are available to residents in Butler, Clermont, Clinton, Hamilton and Warren counties

At Council on Aging of Southwestern Ohio, we often hear comments like this one from a woman whose father was diagnosed with early onset of Alzheimer's disease.

*"It was an awful time. We didn't know about respite care or adult day centers or any of the services that are out there. We were making mistake after mistake, just floundering. A nursing home is not necessarily the answer. Planning ahead is the answer."*

## Long-term care options:

Through Council on Aging's Long-term Care Consultation, you may find that you are eligible for home care programs offering a range of services, including:

- Adult day services
- Care management
- Emergency response devices and services
- Home-delivered meals
- Homemaker services
- Home repairs/modifications
- Hospice care
- Housing options
- Mental health services
- Personal care services
- Respite services
- Senior centers
- Transportation

## Contact Council on Aging to get started today:

Long-term care is an aspect of retirement that families should talk about and plan for. Decisions you make today will impact your future quality of life.

**To schedule a Long-term Care Consultation or learn more about Council on Aging's other programs and services, call (513) 721-1025 or visit [www.help4seniors.org](http://www.help4seniors.org).**

## Southwestern Ohio's Area Agency on Aging Since 1974

Council on Aging is designated by the state of Ohio to serve the older adults of Butler, Clermont, Clinton, Hamilton and Warren counties. We are experts on aging with a variety of programs available as free and low-cost public services. **Our mission:** Enhance the lives of adults by assisting them to remain independent at home through a range of quality services.