

# THE FAMILY CAREGIVER

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## HOW TO SAVE MONEY ON HOME CARE



For Americans who lived through the Depression, the last few months have felt like déjà-vu. Food prices, health care costs, housing expenses, and other costs of living are rising. For elderly people in need of assistance with their daily activities, long term care is becoming more difficult to afford.

Many seniors and their families aren't aware of the costs associated with elder care services. But making a few lifestyle adjustments could mean the difference between getting help and continuing to struggle without it. We've put together a few simple ways to save money on home care.

1. Cut out the cleaning service. A companion or aide service can provide light housekeeping.
2. Cook at home instead of ordering meals out. Have a caregiver make extra meals to freeze.
3. Use an emergency alert system if you're loved one is at risk for falling.
4. Share time with multiple family members.
5. Use home care services only during times of greatest need.
6. Find out if you can share a caregiver with an elderly neighbor who also needs help.
7. Sign up for government funded respite services through your local office on aging.
8. Utilize community resources such as adult day programs in conjunction with home care services.
9. Use volunteers through churches, volunteer programs, or neighbors.
10. Veteran's benefits such as the aid and attendance program could help pay for long term care.
11. Employee benefits programs that allow children of aging parents to work flexible hours and save on costs of paying for someone to help their loved ones.
12. Check out [www.benefitscheckup.org](http://www.benefitscheckup.org) to find out if your loved one qualifies for any benefits that could save on healthcare costs.
13. Look into assistive technology to monitor and/or assist your loved one with his/her activities of daily living: i.e. wandering detector, lowering bed. This could reduce the time paid for a caregiver to perform these daily tasks.

## RESOURCE OF THE MONTH

The Alzheimer's Disease Assistance Center of Long Island is a program that helps families and individuals with memory disorders. The program includes a medical and social evaluation of the individual afflicted with the disease, education and training for

family caregivers, support groups, and resources for elder care. The center is directed by Mark Sedler, MD MPH a board certified geriatric psychiatrist, and program director Darlene Jyringi, MPS, a certified gerontologist and care counselor.

Call 631-444-1365 for an appointment.

