



Choosing the Long-Term Care That's Right for You

Posted Wednesday, February 19, 2025 6:06 pm

You have options when it comes to making decisions about long-term care.

When choosing long-term care, families sometimes wait until they experience a crisis and then are forced to make a decision during less than ideal circumstances. Although moving into a skilled nursing home is a wonderful option, it's not the only one, and it doesn't always need to be the first step.

You can decide what is best for you with the assistance of an Aging Life Care Specialist like Sheri Ferola with Saint Elizabeth Community, who explains,

"We work with our clients to find the best fit for them at this moment in time, while planning out their long-term options. We take a holistic approach in assessing their needs then we help guide them through the process. And we'll be there with them for the duration, adapting with them as changes occur."

Here are some options in the continuum of care that an Aging Life Care Specialist can evaluate with you.

Home Care

We hear a lot of talk about aging in place where we have the opportunity to grow older in the comfort of our own home. Home care is a great way to make that happen. Let caring qualified staff come to your home to provide services that include skilled nursing, rehabilitation, physical therapy, CNA care, personal assistance and more.

Adult Day

One of the key ingredients of aging well is remaining active, physically and mentally. Adult Day Centers provide engaging and supportive activities all day long under the supervision of health care staff who offer assistance with everything from personal care to medication management. Many programs offer specialized care for elders affected by conditions like memory loss or motion and mobility disorders.

Senior Apartments

For older adults who live independently but wish to be in a community of their peers, senior apartments are a great alternative. Many housing complexes offer safe and affordable spaces that include resources like security and onsite resident services.

Assisted Living

Assisted living provides independent living much like senior apartments but with additional support and attention. Nursing and CNA staff help residents with their daily care. Dining, laundry and other personal services are available as well. And there are always fun social activities to keep everyone active and engaged.

Skilled Nursing Home

Whether for short-term rehabilitation or as a long-term resident, skilled nursing homes offer the ultimate in quality care. Staff build relationships with the members of the community and are able to monitor and assess their health on a daily basis. Specialized units may focus on memory care or physical activity, depending on the needs of each resident.

Before you decide on your long-term care, consider the wide range of options available to you.