

## Nursing Care AT RIDERWOOD

### Helpful information for family members

Making the decision to move your loved one to a nursing care setting can be difficult and confusing. As you weigh your options, consider these important points:

#### Who would benefit from nursing care?

Nursing care is appropriate for seniors who need complete assistance with daily living tasks like bathing, eating, dressing, and help in the bathroom. It is most appropriate for:

- Older adults with major health conditions.
- Seniors living with advanced dementia or Parkinson's disease.
- Individuals with physical limitations caused by a stroke or those who can no longer live independently after a hospitalization.

#### When is the right time to seek additional support?

Caring for a loved one with around-the-clock needs can be challenging. You should consider making the transition to a nursing care facility if:

- Family caregivers are no longer able to provide the level of support your loved one needs.
- Your loved one's health condition requires a high level of personal support or ongoing nursing care.
- Your loved one's care needs exceed what can be provided in your independent living home.

#### Where should I turn to find the right nursing care facility?

As you do your research, be sure to seek advice from sources you can trust. We recommend:

- **Your doctor or a health care professional.** Your family physician or a hospital social worker or discharge planner will be able to point you to nursing care facilities in your area.
- **Friends or family members.** If you know someone who has placed a loved one in nursing care, inquire about their experiences and ask for a recommendation.

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How will I pay for nursing care?

- Here are some financial options to consider:
- **Long-term care insurance.** Medigap, employer-provided, or private health insurance plans can offset the cost of nursing care, but these policies need to be in place before a major health event occurs.
  - **Medicare.** While Medicare generally doesn't cover nursing care stays in a nursing home, it may cover hospital care, doctor services, and medical supplies for those in nursing care.
  - **Paying out of pocket.** If your family chooses to pay for care with their own funds, be sure to ask each facility you're considering about their payment options.

How do I prepare my loved one for a move to nursing care?

- It's no surprise that most people would rather stay in their home than transition to a care facility. Here are some tips to consider before starting the discussion.
- **Enlist the help of your loved one's doctor or a health care professional.** Often doctors and nurses are more persuasive than a relative or close friend.
  - **Share information about the care center.** Your loved one will want to know details about where they'll be moving, so be prepared with photos, brochures, and other educational materials.
  - **Listen and acknowledge your loved one's concerns.** Demonstrate that you understand their feelings, and assure your loved one that the move is the best way to ensure they receive the care and attention they need.

What are my next steps?

- **Use the attached checklist** to help you select the best nursing care facility for your loved one.
- **Contact Riderwood at 301-572-8463** if you have additional questions or wish to learn more about nursing care at our Silver Spring community. It will be our privilege to help you.

Looking for quality nursing care for your loved one?

With so many options for nursing care, how can you feel confident that you're making the right decision? **Use this checklist to compare the nursing care communities in your area.** To help you get started, we've already checked the Riderwood column for you.

Review your nursing care options, then call **301-572-8463** to request more information or to schedule a visit to Riderwood. Our knowledgeable team is here to help.

BUILDING DESIGN AND SAFETY	RIDERWOOD	Name	Name
Homelike environment strategically designed to include smaller, intimate spaces for quiet conversations and reflection	✓		
All private suites with half baths to preserve privacy and dignity	✓		

PERSON-CENTERED APPROACH TO CARE	RIDERWOOD	Name	Name
A holistic assessment for each resident to determine their likes, dislikes, desires, and needs	✓		
Interdisciplinary approach that looks at each resident's physical, spiritual, and emotional needs to create an individualized care plan	✓		
Highly engaged caregivers who create meaningful relationships with the residents they support	✓		
Flexible dining program that includes a choice of dining locations, times, and menu items prepared fresh daily by a dedicated on-site chef	✓		

QUALITY HEALTH CARE	RIDERWOOD	Name	Name
Full-time physicians on campus who are experts in caring for older adults	✓		
Routine care planning meetings in which the resident, family, and care team work together to develop the care plan and make adjustments as needs change	✓		
Holds a coveted 5-star rating from the Centers for Medicare and Medicaid Services	✓		
Named a Best Nursing Home by <i>U.S. News &amp; World Report</i>	✓		
Part of a national network of communities managed by Erickson Senior Living® with over 35 years of experience meeting the health and well-being needs of older adults	✓		