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Senior Options:

Affordable Alternatives To Traditional Care

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The rising cost of care for the elderly in the United States has been the focus of alarming headlines for families facing decisions about the long-term care of senior loved ones. But as families explore the economics of care options, most realize affordable care is available, especially for those wishing to stay in their own homes.

In the past, when a family faced the decision to seek care for a senior, it was assumed they faced the cost of a nursing home or assisted living facility. Now, people are living longer and in better health than they used to. More seniors are able to stay in the comfort of their home because affordable in-home care is an option.

Seniors and families who pursue in-home supportive care enjoy the flexibility, comfort and peace of mind of having a trained caregiver on hand to provide the assistance needed to continue an active, social and independent lifestyle.

The idea that in-home care is only available for wealthy seniors is a myth.

Because in-home supportive care is tailored to meet the needs of the senior and family members, the care can be matched to most any budget. Today, seniors choosing in-home supportive care come from all walks of life.

The key to long-term care planning is for families and seniors to gather as much information as possible. Seniors should consider how much care and assistance they need, how much support family members can provide, where the senior will be most comfortable and what economic resources are available. Families also should talk to organizations that provide care to get the facts on the services available.

When it comes time to make a decision about senior care, families need to explore all of their care options. Twenty-four hour a day care in an institutional setting is not always the best fit, financially or emotionally, for an aging parent or relative. Families should seek out those services and resources that can meet their care needs in terms of costs and the quality of life they provide.