



# CAREGIVER ROADMAP

## 1. How is your loved-one functioning?

Spend time with your loved-one (a few overnights) to assess what they're able to do and for any safety concerns. Do more listening and observing than giving direction.

- Are they able to maintain their home and medical regimen?
- Are they able to safely transfer, walk, toilet themselves, dress and cook?
- Who's available & able to assist with their needs?

## 2. What are the available resources?

Confirm available funds (monthly income and savings) and available insurance/policies.

- Insurance/other payor
  - Commercial insurance
  - Medicare or Manage Medicare
  - Medicaid or Manage Medicaid
  - Long term care insurance
  - Veterans' Benefits
- Pay out of pocket

## 3. What are the options for care & assistance?

Research types of facilities and services.

- Types of facilities/settings. Based on...
  - Loved-one's level of function
  - Costs of facility/service
  - Available funding to pay
- Will services be in home or will they live somewhere else? Some options...
  - Home care, paid caregiver, family or friends
  - Adult day care, assisted/independent living facility, personal care home, nursing home

**Bringing it together...**

- 1.You know what your loved-one needs assistance with
- 2.You know available funds/insurance coverage
- 3.You're clear on family/caregiver availability and ability to assist
- 4.Based on the amount of assistance needed, available assistance and costs, you now know services or places, that will meet your loved-one's needs.

you now have a well-informed plan!

Hope that helps give  
thought & direction

If you need to tease it out a bit more,  
[Nurturing Lifestyle](#) offers services  
and more to come

Looking forward!

