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WHAT to look for:	Name of Care Center	Name of Care Center	Long-Term Nursing Care at Cedar Crest
Convenient access to quality health care			YES —Full-time on-campus medical staff that are experts in caring for older adults.
Additional levels of care if my loved one's needs change			YES —Cedar Crest offers several levels of care in one location.*
Routine care planning meetings that include the resident and family			YES —Quarterly care planning meetings are with a multidisciplinary health care team including physicians, nurse practitioners, social workers, and a dietitian.
Data collection on clinical outcomes			YES —Cedar Crest is part of the Erickson Living® family of communities, with over 30 years' experience providing senior health care with superior outcomes. Our outcomes consistently outrank the national average in areas such as falls management, infection control, and pressure ulcers.

*Cedar Crest offers independent living, inpatient and outpatient rehabilitation, assisted living, memory care, and nursing care.

LONG-TERM CARE

Helpful information for family members



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

WHO would benefit from long-term nursing care?

Long-term care is appropriate for seniors who need complete assistance with daily living tasks like bathing, eating, dressing, and toileting. It is most appropriate for:

- Older adults with major health conditions
- Seniors diagnosed with 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 long-term 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 best long-term 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 long-term care facilities in your area.
- **Friends or family members.** If you know someone who has placed a loved one in long-term care, inquire about their experiences and ask for a recommendation.



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HOW will I pay for long-term 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 long-term care, but these policies need to be in place before a major health event occurs.
- **Medicare.** While Medicare generally doesn't cover long-term care stays in a nursing home, it often does cover hospital care, doctor services, and medical supplies for those in long-term 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 long-term 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 long-term care facility for your loved one.
- **Contact Cedar Crest at 973-831-3755** if you have additional questions or wish to learn more about long-term care at our Northern New Jersey community. It will be our privilege to help you.

Long-Term Nursing Care Checklist

As you look at different long-term nursing care options, use this checklist to make notes and compare care centers. To get you started, we've filled out a column for Cedar Crest. Once you've completed your research, please call us at **973-831-3755** to discuss your options for the best care.

WHAT to look for:	Name of Care Center	Name of Care Center	Long-Term Nursing Care at Cedar Crest
Private residences			YES —with private half baths.
Outdoor areas that are accessible throughout the day			YES —beautiful, secure garden and patio areas.
A variety of dining options			YES —fresh meals prepared on-site by a dedicated chef.
A happy staff that is involved with the residents			YES —our superior staff-to-resident ratio allows caregivers to develop meaningful relationships with residents.
24-hour nursing care administered by licensed nurses			YES —care is directed by a registered nurse and administered by licensed nurses.
Customized care plan created by an interdisciplinary medical team that includes emotional, mental, and spiritual needs, in addition to medical needs			YES —an assessment is completed for every resident to understand likes, dislikes, desires, and needs.
Excellent value for the money			YES —no add-on costs for things like cable TV, campus activities, or incontinence supplies.

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