

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 may 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 Ashby Ponds at 571-291-6215** if you have additional questions or wish to learn more about long-term care at our Ashburn community. It will be our privilege to help you.

Looking for QUALITY long-term care for your loved one?

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

BUILDING DESIGN AND SAFETY

	ASHBY PONDS	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	✓		
Medications stored in a locked cabinet in each resident's room to create efficiencies in managing medications	✓		

PERSON-CENTERED APPROACH TO CARE

	ASHBY PONDS	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

	ASHBY PONDS	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	✓		
Part of a national network of communities managed by Erickson Living® with over 35 years of experience meeting the health and wellness needs of older adults	✓		

Review your long-term care options, then call **571-291-6215** to request more information or to schedule a visit to Ashby Ponds. Our knowledgeable team is here to help.