

Colorado Bar Association

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Chapter 4 - Residential Options

Range of Housing Options

A wide variety of services and housing options are available in Colorado for adults who are struggling to maintain an independent lifestyle. Help with activities of daily living such as bathing and dressing, meal preparation, housekeeping, and transportation can be arranged in your own home. Medical care and/or medical intervention also may be available, with proper supervision, in your own home for a short period of time. Regardless of your housing choice (private residence, independent/retirement community, assisted living/nursing home), you can arrange for a package of services to meet your individual needs through the health care professional of your choice.

- Physician/Nurse
- Care Manager/Social Worker

This chapter describes the various types of services and residential settings available to meet your individual needs.

Help in Your Own Home or Apartment

Most older adults prefer to remain in their own homes, maintaining an independent lifestyle for as long as possible. Before you make any decisions about your living arrangements, it is advisable to obtain a medical/functional assessment. It is through this process that you can learn more about yourself and all of the resources available to support your independence. There are governmental agencies and private agencies throughout Colorado that can provide you with good information and referrals. Contact your local Area Agency on Aging, Single Entry Point Agency or Social Services Agency. Remember, good information makes for good choices. Medical/Functional Assessments

A medical and functional assessment should be the first step in determining the services you need. A full assessment should include current medical information, a complete picture of your functional abilities and a social history in order to identify appropriate support systems. The more information you are able to give the health professional completing the assessment, the better they are able to provide you with appropriate choices.

Medical Assessment

Your physician or nurse practitioner can provide you with a medical assessment. They should always be consulted when there is a change in condition. They are your best resource to advise you regarding the extent of your medical care and whether it can be safely and adequately provided at home. A medical assessment includes a complete medical diagnosis, a review of your current medications, recent hospitalizations and any upcoming medical procedures. The Functional Assessment

The functional assessment consists of a series of questions to determine your ability to perform your own activities of daily living. Activities of daily living are usually broken down into two areas: critical activities of daily living and instrumental activities of daily living.

Critical Activities

- Transfers
- Bladder care
- Bowel care
- Mobility
- Dressing
- Bathing
- Hygiene
- Eating

Instrumental Activities

- Meal Preparation
- Housework
- Laundry
- Shopping
- Medicine Management
- Appointment Management
- Access Resources
- Telephone

Ideally, the functional assessment should be completed in your residence. It is important to evaluate you in the setting where you are most comfortable.

Many professionals who offer a full assessment will charge for this service. Consider the money well-spent. It will help you focus and narrow your search in an appropriate direction. Beware of agencies that offer "free assessments." Typically, free assessments are designed to fit a specific need or service and do not look at the whole picture.

The cost of a complete assessment and a review of appropriate services are sometimes paid for by insurance, specifically long-term care insurance. In some situations, payment may depend on other services you are receiving at the time of the evaluation.

Once you and your care manager have had the opportunity to complete the assessment, you should work together as a team to develop the best solution for your care needs. Once decided, your care manager can direct you to the best professionals and service providers in the area. Don't rely on the yellow pages. Use the yellow pages to confirm a phone number and/or an address, but not as a referral source. Sometimes the lowest price is not the best value.

If your decision is to remain at home with in-home services, review the service contract before signing. If your care plan calls for a move into a different residential setting, carefully read the admission agreement and/or lease agreement. Some residential facilities limit the use of outside providers and can restrict certain insurance benefits. Make sure you know your rights before you move in.

If you need considerable care in the home, you might consider comparing the cost between the hourly rate and a flat 24-hour rate. Depending upon the number of hours you require, it may be more cost effective to negotiate a 24-hour rate. The cost will vary depending upon the level of care.

Skilled (In-home care). Skilled care is provided by a nurse, certified nursing assistant, physical or occupational therapist. Typically skilled services consist of wound care, IV therapy, injections (anything that is invasive) and rehabilitation.

Unskilled (In-home care). Unskilled, or custodial care, is provided by a personal care provider, a companion or a homemaker. Typically these services consist of personal care, bathing, dressing, meal preparation, laundry and shopping.

Options to Supplement Care

Nutrition

Nutritional needs can be met through various programs. Volunteers of America administers the Meals on Wheels

program for low-income adults. Meals on Wheels can be delivered to the home or purchased at congregate meal sites, usually senior centers. Contact your nearest senior center or your local Area Agency on Aging for availability and details.

Pre-packaged meals are also available through local restaurants specifically designed to meet special diets and can be purchased at retail prices. These meals can be ordered over the phone and delivered. These include Dinners a la Carte, Dinner and Dish, Suppers Solutions Inc., and many others like these.

Transportation

Transportation can be arranged for medical and non-medical services. Non-medical transportation typically would cover grocery shopping, attendance at adult day care programs and attendance at senior centers for meals and recreational activities.

Respite Care

Respite care is care provided to relieve the caregiver. Respite can be provided in the home or in a skilled facility such as a nursing home. There are non-profit agencies that provide funding through a scholarship or stipend based upon need. It usually requires an application. One such resource is the Woodward Respite Fund. The cost of respite care is dependent upon the level of care and the location. Ask your care manager for a recommendation.

Home Modifications and Weatherization

These are two services that are key to keeping you safe at home. Home modifications may include widening doors, building wheelchair ramps, installing grab bars, adding railings to awkward stairways and installing proper lighting. Electronic monitoring may also be added. Electronic monitoring is an emergency alert system, installed in your home that gives you easy access to emergency response. Typically, you wear a necklace or a bracelet that when pushed activates a call center.

Weatherization is keeping your home well-maintained to accommodate the seasons. It may include caulking windows, replacing windows, adding weather stripping, cleaning the downspouts, and draining the hoses/sprinkler system.

Glossary

Adult Foster Care Home

An individual home that provides room, board, assistance with personal care, and 24-hour protective oversight supervision.

Alternative Care Facility

A licensed assisted living residence certified by the State Department of Health Care Policy and Financing to provide care to those who would otherwise need nursing home care. Eligible individuals must qualify for federally-supported Home and Community Based Services.

Assisted Living Residence

A facility licensed by the State Department of Public Health and Environment as an assisted living residence, which offers personal care services as needed including meals, transportation, housekeeping and laundry, as well as 24-hour protective oversight and medication management.

Congregate Living

Refers to private quarters in a larger facility such as a senior housing complex or retirement community. Appropriate for persons who are frail, chronically ill or socially isolated but do not need 24-hour supervision.

Continuing Care Community

Offers independent, assisted and nursing care in the same complex or campus. Assistance is often provided under a life-care agreement to provide care for the rest of a person's life.

Functional Assessment

An evaluation of how well a person can manage activities of daily living, i.e., bathing, dressing, meal preparation, moving around and following medication orders. Helps determine the level of living assistance that is appropriate.

Home Care Allowance (HCA)

A program that pays a specified, limited amount for homemakers and home health aide services, depending on the level of disability of the individual. Eligibility is based on low-income criteria and individual needs.

Independent Living Centers (ILC)

Each Independent Living Center is mandated by federal law to provide the following four core services: (1) information and referral, (2) cross-disability peer counseling, (3) individual and systems advocacy; and (4) independent living skills training. In addition, some independent living centers provide services to older individuals who are blind, outreach to minority populations, and personal assistance services.

Long-term Care Ombudsman Program

A program that investigates and helps resolve complaints of persons living in personal care boarding homes and nursing homes.

Nursing Facility

Provides skilled nursing care and other levels of nursing care in a facility licensed and certified by the Colorado Department of Public Health and Environment.

Respite Care

Occasional or regular assistance for an individual providing caretaking to another person. Allows the caretaker an opportunity to take some time off for personal business or to rest and relax. Respite care for an individual can be a week in a nursing home, a day at an adult day care center, or a few hours of extra help in the home.

Single Entry Point (SEP)

An agency designated by the state to provide long-term care information, screening, assessment of need, and referral to appropriate long-term care programs and care management services.

Resources

Housing Information:

Metro Denver Alzheimer's Association

789 Sherman St., Suite 500
Denver, CO 80203
(303) 813-1669
Helpline: 8 a.m.–4:30 p.m.
(Literature available, works with patients and caregivers, family options, social worker available.)

Alzheimer's Association

Nursing Homes in Colorado with Special Alzheimer's Association

Senior Housing Options

1510 17th St.
Denver, CO 80202
(303) 595-4464
(Low-income housing for assisted living and independent living.)

Senior Support Services

846 E. 18th Ave.
Denver, CO 80218

(800) 864-4404
(Gives information on facilities)

Metro Denver Alzheimer's Association

789 Sherman St., Suite 500
Denver, CO 80203
(303) 813-1669
Helpline: 8 a.m.–4:30 p.m.
(Literature available, works with patients and caregivers, family options, social worker available.)

Elderly Housing CHOICES Community Housing Services

1905 Sherman St., Suite 745
Denver, CO 80203
(303) 831-4046
(Offers information and referrals on housing for seniors. No longer do elder abuse issues.)

(303) 832-1622
(Day center for 55+. Open 8 a.m.–7 p.m., M-F; 11 a.m.–4 p.m., Saturday)

Home Maintenance Brother's Redevelopment

2250 Eaton St.
Denver, CO 80214
(303) 202-6340
(Offers home maintenance and repair for seniors and people with disabilities. Home counseling, paint-a-thon, property management, low-income HUD apartments, volunteer apartments available.)

The Senior Hub

2360 W. 90th Ave.
Federal Heights, CO 80260-6700
(303) 426-4408
(Mini-home care, information and referral for Senior Services in Adams County.)

Other Services:

Arapahoe County Dept. of Social Services,

1690 W. Littleton Blvd.
Littleton, CO 80120
(303) 795-4850
(Homemaker Services, weatherization, and transportation for seniors living in Arapahoe County)

Health Facilities Division Colorado Department of Public Health and Environment

4300 Cherry Creek Dr. S.
Denver, CO 80246-1530
(303) 692-2800
(800) 886-7689
(Receives complaints regarding assisted living residences and nursing homes, has copies of surveys and complaint investigations and provides literature.)

Colorado Association of Homes and Services for the Aging (CAHSA)

1888 Sherman St., Suite 610
Denver, CO 80203
(303) 837-8834
(Non-profit facility association. Information/referral regarding nursing home placements and assisted living facilities. Note: Not all nursing homes and assisted living residences are members.)

Seniors, Inc.

5840 E. Evans
Denver, CO 80222
(303) 300-6900
(For seniors seeking community resources, money management.)

Colorado Department of Health Care Policy and Financing

(303) 866-2993
(Alternative Care Facilities, Home Care Allowance

Seniors — Resource Center

3227 Chase St.
Denver, CO 80212
(303) 238-8151

Program or Home and Community Based Services.)

(Daybreak (day care) Program with Respite Care.
Referral services for legal and employment program.)

Colorado Health Care Association (CHCA)

225 E. 16th Ave., #1100
Denver, CO 80203
(303) 861-8228

(For-profit facility association. Information/referral regarding nursing home placements and assist living facilities. Note: Not all nursing homes and personal care boarding homes are members.)

Senior's Resource Center Mountain Service

5120 Highway 73
Evergreen CO 80439
(303) 674-2843

(Information/referral on resources in Jefferson County's mountain region.)

Colorado Long-term Care Ombudsman Program - The Legal Center

455 Sherman St. #130
Denver, CO 80203
(303) 722-0300
(800) 288 1376

(Investigates and helps resolve complaints of residents of nursing homes and assisted living residences. Provides information to consumers on choosing long-term care facilities. Provides advocacy for needed improvement in legislation.)

Federal website on nursing homes:

<http://www.medicare.gov/nhcompare/home.asp>

State website:

<http://www.cdphe.state.co.us/hf/hfd.asp>

Douglas County Division of Senior Services; (SOS)

103 Third St.
Castle Rock, CO 80104
(303) 660-7519

(Case management of services for seniors and support caregivers.)

Independant Living Centers

Atlantis

201 S. Cherokee
Denver, CO 80223
Phone (303) 733-9324
Fax (303) 733-6211

Disability Center for Independent Living

5900 E. 39th Ave.
Denver, CO
Phone (303) 320-1345

Colorado Springs Independence Center

21 E. Las Animas
Colorado Springs, CO 80903
Phone (719) 471-8181
Fax (719) 471-7829

Connections for Independent Living

Beth Danielson
1024 9th Ave., Suite E
Greeley, CO 80631
Phone (970) 352-8682

Center for Independence

1600 Ute Ave.
 Grand Junction, CO 81501
 Phone (970) 241-0315
 Phone (970) 241-7330
 Fax (970) 245-3341
 Toll-free (800) 613-2271

Fax (970) 353-8058

Independent Life Center

Evelyn Tileston
 P.O. Box 612
 Craig, CO 81626
 Phone (970) 824-8233
 Fax (970) 824-2548

Disabled Resource Services

424 Pine St., Suite 101
 Fort Collins, CO 80524
 Phone (970) 482-2700
 Fax (970) 407-7072

Southwest Center for Independence

1474 N. Main Ave, #202
 Durango, CO 81301
 Phone (970) 259-672
 Fax (970) 259-0947

Loveland Office

640 E. Eisenhower Blvd.
 Loveland, CO 80537
 Phone (970) 667-0816

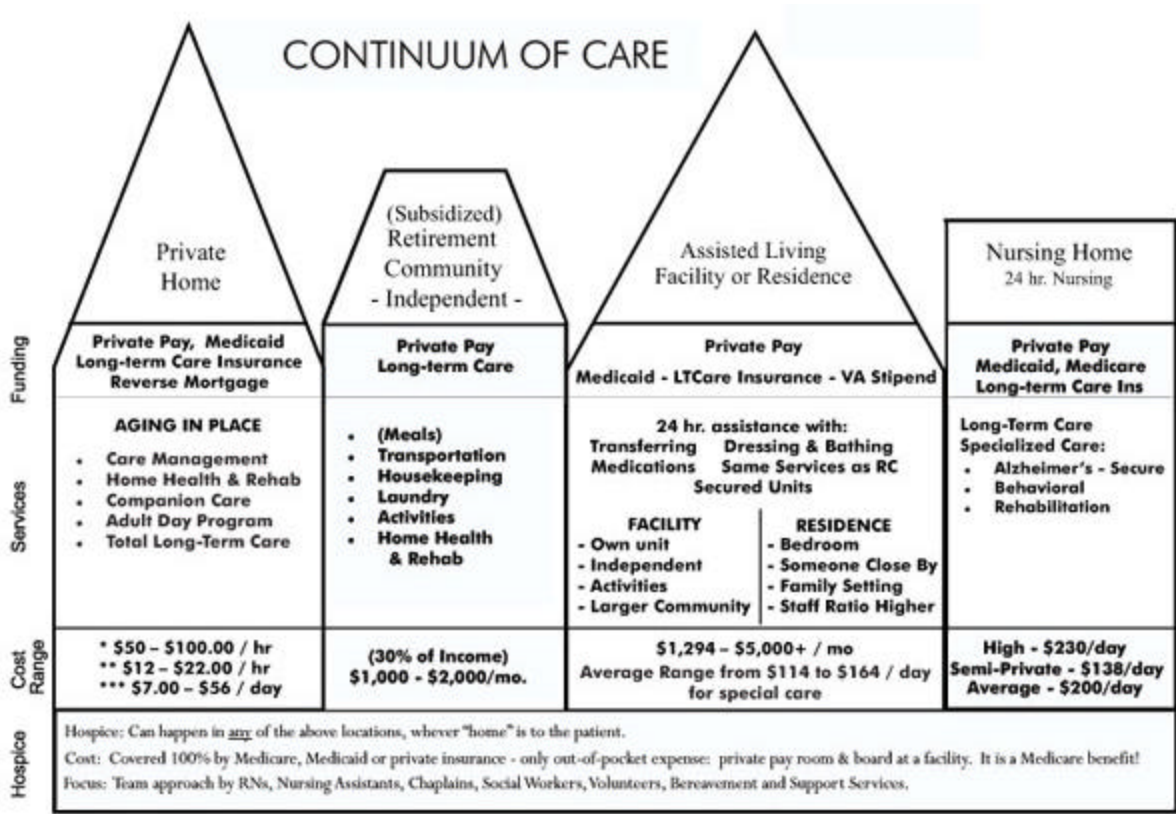
Sangre De Cristo Independent Living Center

803 W. 4th St., Ste. D&F
 Pueblo, CO 81003
 Phone (719) 546-1271
 Fax (719) 546-1374

Center for People with Disabilities

948 North St., #7
 Boulder, CO 80302
 Phone (303) 442-8662
 Fax (303) 442-0502

Continuum of Care



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