

Elder Care Services: Essential to Plan Ahead for Health Care Needs

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When speaking with potential residents and their family members, I always emphasize the importance of planning ahead for healthcare needs. Caregiver decision-making with or for your loved ones is complex. Your role as a caregiver can be one of the biggest challenges you will ever face, particularly when your loved one has a change in status and healthcare needs that turns their world – and yours - upside down.

It's important to understand that the cost of living in a long-term care

facility continues to increase each year. A growing senior demographic, combined with other economic, social and technological developments, are driving the demand for long-term care nursing to its highest level ever. Although you may feel overwhelmed, help is available for you and your loved ones. And, having a plan will make the journey a little easier for everyone.

Accessing available resources can help to relieve stress as situations change or emergencies arise. The City of Los Angeles Department of Aging provides a list of multi-purpose senior centers as well as information on community served and home-delivered meals for the elderly. General information may be obtained by calling 800-834-4777. The Los Angeles Jewish Home offers online resources covering a variety of topics related to aging and healthcare at www.jha.org.

The Affordable Care Act gives providers new options to better coordinate healthcare and overcome the challenges of an ever-changing industry. The law gives seniors new preventative benefits, prescription drug discounts and more options for long-term care.

Here are a few tips that can help you create a thoughtful, practical, and manageable plan:

- Ask questions.
- With a professional's assistance, understand the level of care your loved one needs.
- Talk with your loved one about their needs, preferences, and wishes. These should be accommodated as best as possible while providing a safe and healthy environment.
- Obtain referrals from family, friends, doctors, and other healthcare professionals.
- Investigate your options.
- Make sure you understand financial responsibilities.
- When considering a move to a long-term care facility, ask to read their latest inspection report.
- Obtain vital information through the Internet and the government's Nursing Home Compare website at www.medicare.gov/nhcompare. The site is intended

to give consumers a detailed look at the operations and performance of nursing homes.

- Visit the Los Angeles Jewish Home's website at www.jha.org. Valuable Information is available on our Resources page.

As Baby Boomers age, elder care will continue to improve and address the needs of seniors through innovative initiatives. Healthy aging and multi-purpose senior service programs are essential to improve the quality of life in the elder care continuum.

The Los Angeles Jewish Home has been a leader in quality senior

care since 1912.

The Jewish Home is one of the foremost multi-level senior living communities in the United States. It also has the distinction of being the largest single-source provider of senior housing in Los Angeles. In total, the Home annually serves more than 2,600 seniors through an extraordinary continuum of services. Each year, more than 1,900 women and men are cared for in-residence on two village campuses, with services including independent living accommodations, residential care, skilled nursing care, short-term rehabilitative care, acute psychiatric care, and Alzheimer's disease and dementia care. Another 700 seniors

are served through the Home's community-based programs, which includes Skirball Hospice, Jewish Home Center for Palliative Medicine, and community clinics. Future plans for expansion include the Gonda Healthy Aging Westside Campus and Brandman Centers for Senior Care, A Program of All-inclusive Care for the Elderly (PACE).

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