

10th Conference on Health Care of the Chinese in North America



Community Resources

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Utilization of Community Resources

Family Issues Related to Seeking Help

Identify the Family Decision Maker

Help for the Caregiver

Community Services: A Continuum of Care

- Senior Meals and Activities
 - Senior Residential Care
 - Attendant Care
 - Home Health Care
 - Alzheimer's Day Care
 - Alzheimer's Board and Care
 - Special Alzheimer's Units - Nursing Home Care
 - Support Groups
1. Assess needs of patient
 - What is patient's level of dementia.
 - What is patient's ability for self-care, ADL's.
 - What are safety factors to consider. (e.g. patient wanders, is left alone etc.)
 2. Assess needs of care-giver and family. Can they manage the patient?
 - What are the family belief systems regarding caring for an elderly member?
 - Is there intra/intergenerational conflict regarding what is the family's responsibility to provide care.
 3. Identify the family decision maker.
 4. Identify community resources that would provide assistance to the patient and family. Permit time for the family to discuss options for care BEFORE it is needed.
 5. Identify cultural barriers to the patient/family using existing community Resources

Community Resources

1. Senior Residential Facility - Residence Solely designed for the elderly. It generally includes congregate meals, housekeeping services, recreational programs, transportation services. It is not licensed as a residential care facility by the state.
2. Residential Care Facility - May also be called "Board and Care Facility". It is a licensed facility by the State and offers intermediate care to residents. Assistance is available for medication supervision, ADL's, and provides congregate meals, recreational programs, homemaking, transportation services to doctor appointments etc. Supervision is available 24 hours a day. Board and Care facilities are often converted homes where a small number of patients live communally under supervision. It has a more "home like" atmosphere than a nursing home. Does not provide specialized medical or nursing services.
3. Nursing Home - Skilled nursing facility characterized by residential care in a group setting with 24 hour nursing coverage. Includes skilled treatment of medical conditions, monitoring of health status, coordination of health related services. Licensed by the State.
4. Adult Day Health Care - Services include recreational and activity programs which are more structured and organized than senior center programs. Programs may include social therapeutic programs for those adults with functional impairments. Aim is to restore or maintain optimal levels of functioning.
5. Alzheimer's Day Care Resource Centers (ADCRCs) - Program includes day care services specially targeted to meet the needs of cognitively impaired/demented patients and their families.
6. Caregiver Resource Centers (CRC's) - Services targeting the Caregiver/family which include counseling, consultation regarding long term planning for the patient, legal/financial consultation, family support groups, respite care and training/educational programs.
7. Respite Care - In-home care where a provider comes into the home specifically to provide the caregiver an opportunity to be relieved of the responsibility to care for the patient. Some programs offer in-patient care in a nursing home on a short term basis to provide respite for the caregiver. Caregivers have used this to provide patient care when they need to travel alone or attend family functions out of town or general respite.
8. Homemaker/chore Services - A service provided in the home to assist with home maintenance, or providing assistance in ADL's with the patient.
9. Home Delivered Meals - Service delivers cooked meals to the patient in their home on a regular basis.

10. Congregate Meals - Meals supervised by a nutritionist available in centrally located setting. This can be in a variety of settings: senior center, adult day health, residential care, nursing home.
11. Home Health Care Services - Services provided in the home for the patient. Includes skilled nursing services, personal care services, or physical therapy services.
12. Case Management Services - A consultant or ongoing manager who provides individualized assessment and planning to coordinate needed community based services. Service can arrange for homemaker, transportation to doctor appointments, live in supervision etc.
13. Transportation Service - Taxi, van or escort services provided to patient who is unable to use other modes of transportation. Some services specialize in transporting patients in wheelchairs.
14. Home Safety Improvements - Service recommended to improve home safety. This can include raised toilet seats, portable commodes, bathtub seats, door locks, safety grab bars and railings etc. Health related objects can be obtained at a medical supply store.
15. Legal Consultation & Estate Planning - Consultation with an elder care lawyer to seek assistance on legal matters or estate planning.
16. Durable Power of Attorney for (DPOA) Health Care and Finances - Special form of power of attorney which permits designated person to act on behalf of the patient when the patient becomes incompetent. DPOA for Health Care permits designated person the power to make decisions regarding the patient's health care if patient becomes incompetent. DPOA for Finance permits the designee the power to make financial decisions if the patient becomes incompetent.