



Established in 2003 in response to a growing need for Medicaid eligibility assistance, P&P Medicaid offers a full range of geriatric care management services. We often help aging or infirmed adults with nursing home placement or home health aide management, while advising clients on how best to protect their financial assets.

Our service aims to ease the stress of the application process. With our staff's 30 years of experience in health care and great working relationships with nursing home facilities and home health care agencies in the area, we are dedicated to simplifying the selection and application process necessary for long-term care.

**Geriatric Care Management Services may include:**

- Educating family about long-term planning options for their loved one
- Psychosocial, emotional, and medical assessment and support of patient
- Weekly visitations to home/care facility, medication management and monitoring client care plan with facility staff
- Weekly reporting to family members
- Assistance with professional estate planners and trustee/guardian issues as necessary
- Health care surrogate if requested by client, when there are no other family members
- Coordination and supervision of in-home caregivers
- Medical appointment coordination and doctor conference regarding health concerns
- Crisis intervention and assessment of all medical emergencies
- Bookkeeping
- Assistance with legal and medical directives and insurance issues

Our staff includes Medicaid eligibility experts, geriatric care managers, registered nurses and social workers. We offer a wide range of competitive and highly discounted pricing packages and our prices are at a one-time cost from start to finish. **We are available 24/7. For a consultation, call 516-541-4770.**



5071 Merrick Road  
Massapequa Park, NY 11762

Phone: 516-541-4770

Fax: 516-541-4772

Cell: 516-641-7014

Email: paul@ppmedicaid.com

[WWW.PPMEDICAID.COM](http://WWW.PPMEDICAID.COM)



## Home Care, Assisted Living, Nursing Home?

### How to Choose the Best Level of Care for Yourself or a Loved One



Servicing Suffolk, Nassau and the Five Boroughs of New York

As you age, you face new health challenges, including mental ailments such as Alzheimer's disease, depression, or dementia and physical issues such as diabetes, cardiovascular disease or osteoarthritis. Depending on your age and the severity of your condition, you or your loved one might need hands-on help with many everyday tasks or simply a supportive community of peers. Finding the right level of care is important to enhancing your quality of life.

**Determining your own health level is the first step in any long-term health care decision. Get started with a list of qualifying questions:**

- Are you independently mobile without a walker, cane, or wheelchair?
- Are you able to cook?
- Are you able to manage your medications?
- Is it relatively easy for you to complete day-to-day tasks?
- Do you socialize regularly?
- Do you spend time doing mentally stimulating activities?
- Do you exercise at least one hour every week?

If you are struggling to answer these questions, ask an outside source; your primary physician might have advice on what the best type of care will be. Geriatric care managers are also available to do an in-home care assessment.



Another factor to consider is cost. How able is your family to personally help care for you? How much have you and your family saved for long-term care? What type of care does Medicaid, Medicare, or your private insurance cover?

**Consult your family and close friends about the right choice for you. Consider the pros and cons of each situation:**

- Although staying at home will be the most comfortable, you might not be able to address all your needs.
- Assisted living facilities will offer peers and personal freedom, but it might not have the right level of medical care.
- A professionally licensed facility like a nursing home might be lonely or unaffordable.

When it comes to health care solutions, there isn't one right answer. Here are the pros and cons of Home Care, Assisted Living, and Nursing Homes to help you make your decision:

## HOME CARE

Home care is an option which allows the elderly to stay in their own homes with paid help when needed. Home care is also called "aging in place" and is intended to retain as much comfort and independence as possible.

**Some of the pros frequently associated with home care are:**

- Safety and comfort of one's own home
- 100% autonomy
- The family is involved in and informed of their loved one's condition
- Patients tend to recover faster in their own homes
- No fussy roommate or unwanted noise and bustle
- Close personal relationship with in-home caregiver

**Drawbacks associated with home care living are:**

- Many people who choose to stay at home are not getting the care they need
- Family members may not be prepared to take on the responsibility and time commitment involved
- Private homes are not equipped with emergency response systems
- Full-time home care may become very costly
- The patient may lack interpersonal relationships in his or her age group

**Ideal for:** An independent person, able to make thoughtful and rational decisions for himself or herself, but may need a hand with some tasks around the house.

## ASSISTED LIVING

Assisted living is usually set up as apartment-style housing or individual bedrooms, and residents are encouraged to act independently.

**Some of the services frequently offered at assisted living facilities are:**

- Food prep help, groundskeeping and housekeeping
- Planned social and physical activities and classes
- Multiple levels of care which can help you prepare for accelerated needs
- Full-time staff available for help with bathing, dressing, meals
- Access to financial assistance from the government
- High level of privacy and autonomy

**Drawbacks associated with assisted living are:**

- Personal care assistance costs may be in addition to rental costs
- Rarely have access to a dementia care program
- Does not have extensive medical care on premises
- Due to the need for additional care, residents stay an average of only two years
- Not regulated by the federal government

**Ideal for:** Someone who doesn't need constant supervision and wants to make his or her own choices, but living alone is too much work.

## NURSING HOME

Nursing homes are for residents who don't need to be hospitalized but can't live at home on their own. Residents generally rely on staff for most needs, including bathing, toilet, dressing, and meals.

**Some of the services frequently offered at nursing home facilities are:**

- Highly skilled, licensed nurses on premises
- Individualized medical care
- High level of safety, including access ramps, oxygen tanks, hospital beds and nurse pagers
- Regulated by the federal government
- Costs may be covered by Medicaid, Medicare, and private insurance companies
- Sense of community with peer- and interest-oriented activities

**Drawbacks associated with nursing homes are:**

- Typically higher cost than an assisted living facility
- Restricted personal freedom and autonomy
- May feel like a hospital instead of a home
- Lack of family presence can be detrimental to a patient's mental health and can contribute to loneliness and depression
- Meals are essentially cafeteria food

**Ideal for:** Someone who has high-level needs for personal and medical care, and who would rather have a professional make care and lifestyle changes for him or her.