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Choosing the Right Place to Live

If you're having trouble deciding whether a family member should come live with you or move into some type of living facility, carefully consider what type of living arrangements best meet his or her medical and other needs. Ask yourself:

- Am I willing to modify my house to meet my loved one's needs?
- Are other family members willing to make accommodations for him or her?
- Will the medical services that my loved one requires be available if he or she comes to live with me?
- Do we have an open and honest relationship with each other, one that allows us to communicate our needs if we were living together?
- Do I have the necessary time to devote to my loved one if he or she comes to live with me?
- If my loved one needs more of my time than I expect, or if his or her condition gets worse and requires more care, will I be able to provide that care?

If you answered no to some of the above questions, a move to your home may not be the best solution for all concerned. Instead, you may want to consider helping your loved one to find a suitable care facility. Possible options include:

- Continuing Care Retirement Communities: These facilities are designed to meet changing health care needs, including total independence, assistance with housekeeping, meal services, medical assistance, transportation, and home health care
- Assisted Living: Often provide individual apartments with community services, including central dining rooms, 24-hour security, transportation, and assistance with daily living (bathing, housekeeping, meals)
- Board and Care Homes: These facilities offer room, meals, laundry, cleaning, 24-hour supervision, and medical care
- Nursing Facilities: These residences offer 24-hour supervision, shared rooms, meals, therapy, medication supervision, and group or individual social and recreational activities

Regardless of the living arrangements you and your loved one choose, it is important that he or she feels safe and comfortable in the new living area and that you are able to provide the required support without taking on an overwhelming level of responsibility.

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