



Maximizing Independence and Wellness Across the Lifespan

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U.S Administration for Community Living



ACL: Who We are and What We Do

- Established in April 2012
- ACL is charged with developing policies and improving supports for seniors and persons with disabilities of all ages.
- New HHS Operating Division brings together:
 - Administration on Aging (AoA)
 - Office on Disability (OD)
 - Administration on Developmental Disabilities (ADD)

About ACL

Mission

- ▶ Maximize the independence, well-being, and health of older adults, people with disabilities across the lifespan, and their families and caregivers.

Vision

- ▶ All people, regardless of age and disability, live with dignity, make their own choices, and participate fully in society.

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The screenshot shows the homepage of the Administration for Community Living (ACL). At the top, the URL www.acl.gov is displayed in large blue text. Below it is the ACL logo, which consists of three stylized human figures in blue, red, and yellow, followed by the letters 'ACL' in a large, blue, sans-serif font. To the right of the logo, the text 'U.S. Department of Health and Human Services' is written in a small font, followed by 'Administration for Community Living' in a larger, blue, sans-serif font. A search bar with the text 'Search: ACL.gov' and a 'Go' button is located to the right of the logo. Below the logo and text is a dark blue navigation bar with white text for 'Help & Resources', 'Newsroom', 'Programs & Activities', 'Data & Evaluations', 'Funding Opportunities', and 'About ACL'. The main content area is divided into several sections. On the left, there is a 'FEATURES' sidebar with a list of links: 'Serving Our Veterans', 'DD Awareness Month' (highlighted with a red square), 'SMP Empowering Seniors', 'The DD Act', and 'Learn About ACL'. To the right of the sidebar is a large banner for 'Developmental Disabilities Awareness Month' featuring three photographs of diverse individuals. Below the banner are five icons representing different programs: 'Aging Programs' (with a magnifying glass icon), 'Developmental Disability Programs' (with a map of the US icon), 'AIDD Programs & Activities' (with the AIDD logo), 'AoA Programs & Activities' (with the AoA logo), and 'Learn About ACL Initiatives' (with a lightbulb icon). At the bottom of the page, there are two sections: 'Recent ACL Blogs' with a link to 'The Freedom to Make Your Own Choices (03/31/2014)' and 'News and Information' with a link to 'Department of Justice Seeks Submissions for Olmstead Anniversary Video (03/11/2014)'. The page is framed by a decorative border with orange, blue, and red wavy lines at the top and bottom.



Website Sections

- Help and resources
- Newsroom
- Program Activities
- Data & Evaluations
- Funding Opportunities
- About ACL

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Help and Resources

- Older adults
- People with Disabilities
- Caregivers and Families
- Funded Resource Centers
- Additional Resources

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Help and Resources

Help & Resources

[Older Adults](#)

[People with Disabilities](#)

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[Funded Resource Centers](#)

[Additional Resources](#)

Older Adults

- **Alzheimers.gov** – This site is the government’s resource for Alzheimer’s and related dementias.
- **Eldercare Locator** – The ACL Eldercare Locator is a website and call center that links you to state and local agencies on aging and community-based organizations that serve older adults and their caregivers.
- **Check for Benefits** [🔗](#) – The BenefitsCheckUp Website helps consumers find benefits programs that help them pay for prescription drugs, health care, rent, utilities, and other needs. The BenefitsCheckUp Website includes information from more than 1,650 public and private benefits programs from all 50 states and DC.
- **Find Helpful Publications and Website Resources** – A part of the Eldercare Locator Website, here you will find useful topic-specific resources for older adults, caregivers and aging professionals.
- **Long-Term Care Planning** – Long-term care includes a variety of services and supports to meet health or personal care needs over an extended period of time. The National Clearinghouse for Long-Term Care Information Website provides information and resources to help individuals plan for future long-term care.

http://www.acl.gov/Get_Help/Help_Older_Adults/Index.aspx

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Help and Resources

Help & Resources

[Older Adults](#)

[People with Disabilities](#)

[Caregivers and Families](#)

[Funded Resource Centers](#)

[Additional Resources](#)

People with Disabilities

- **Disability.gov**—This federal government website provides comprehensive information on disability programs and services in communities nationwide. The site links to more than 14,000 resources from federal, state and local government agencies.
- **Centers for Independent Living** [🔗](#)—The website provides information and links to the Centers for Independent Living (CILS), nonresidential private nonprofit agencies that are designed and operated within a local community by individuals with disabilities and provide an array of independent living services.
- **State Councils on Developmental Disabilities**—This page provides information and links to the 56 State Councils on Developmental Disabilities, federally funded, self-governing organizations charged with identifying the most pressing needs of people with developmental disabilities in their state or territory.
- **Protection and Advocacy Agencies (P&A)**—This page provides information and links to the 57 P&As across the United States that are dedicated to the ongoing fight for the personal and civil rights of individuals with developmental disabilities. P&As provide legal support to traditionally underserved or underserved populations to help them navigate the legal system to achieve resolution and encourage systems change.
- **University Centers for Excellence in Developmental Disabilities (UCEDDs)**—University Centers for Excellence in Developmental Disabilities (UCEDDs)—This page provides information and links to the 68 UCEDDs across the United States. UCEDDs are a nationwide network of independent but interlinked centers, representing an expansive national resource for addressing issues, finding solutions, and advancing research related to the needs of individuals with developmental disabilities and their families.
- **Projects of National Significance (PNS)**—This page provides information and links to the PNS. PNS focus on the most pressing issues affecting people with developmental disabilities and their families, creating and enhancing opportunities for these individuals to contribute to, and participate in, all facets of community life.
- Related Resources
 - **Allies of Self-Advocacy** [🔗](#)
 - **Autism Society of America** [🔗](#)
 - **Clearinghouse on Disability Information Disabilities**
 - **Developmental Disabilities Resource Center (DDRC)** [🔗](#)

http://www.acl.gov/Get_Help/Help_Indiv_Disabilities/Index.aspx

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Help and Resources

Administration on Intellectual and Developmental Disabilities (AIDD)



State Councils on Developmental Disabilities

[Fact Sheet \(PDF, 338KB\)](#) | [DDC Program Contacts](#) | [Program Resources](#)

State Councils on Developmental Disabilities (Councils) are federally funded, self-governing organizations charged with identifying the most pressing needs of people with developmental disabilities in their state or territory. Councils are committed to advancing public policy and systems change that help these individuals gain more control over their lives.

The 56 Councils across the United States and its territories work to address identified needs by conducting advocacy, systems change, and capacity building efforts that promote self-determination, integration, and inclusion. Key activities include conducting outreach, providing training and technical assistance, removing barriers, developing coalitions, encouraging citizen participation, and keeping policymakers informed about disability issues.

Diverse Council Membership

Council members are appointed by a state's governor; by law, more than 60 percent of a Council's membership must consist of individuals with developmental disabilities or their family members. Advocates and state agency representatives also serve as members. This diversity enables Councils to better analyze and improve systems and services within a state and ensure that the voices of people with developmental disabilities and their families are heard.

Empowerment through Self-Advocacy

Councils focus on empowering individuals through activities that teach self-advocacy skills and support self-determination. By empowering individuals and their families to both advocate for themselves and seek long-term solutions through systems change, Councils are creating an environment of self-sufficiency, self-determination, inclusion, and acceptance. Councils also play a critical role in quality assurance and as innovators in the development of person-centered systems.

The Developmental Disabilities Assistance and Bill of Rights Act of 2000

History of the DD Act

Program Regulations

AIDD Programs

[State Councils on Developmental Disabilities](#)

[State Protection & Advocacy Systems](#)

[National Network of University Centers for Excellence in Developmental Disabilities Education, Research & Service](#)

[Projects of National Significance](#)

[The President's Committee for People with Intellectual Disabilities](#)

[Help America Vote Act](#)

Program and Project Contacts

Grants/Funding

Budget

Success Stories

<http://www.acl.gov/Programs/AIDD/Programs/DDC/index.aspx>

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Help and Resources

Help & Resources

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[Additional Resources](#)

Caregivers

A caregiver is anyone who provides help to another person in need. In this section, we provide links to a wealth of information on the Internet designed to assist family members and caregivers.

- **Alzheimers.gov**
This site is the government's resource for Alzheimer's and related dementias.
- **Alzheimer's & Dementia Caregiver Center** [↗](#)
This site provides information about day-to-day help and services in your community; getting support; or preparing for the future.
- **ARCH National Respite Network** [↗](#)
The ARCH National Respite Network and Resource Center provides resources to help families locate respite and crisis care services.
 - [Consumer Information](#) [↗](#)
 - [Respite Locator](#) [↗](#)
- **Family Caregiver Alliance** [↗](#)
The site contains a wide array of publications and services based on caregiver needs, including a Family Care Navigator.
- **National Alliance for Caregiving** [↗](#)
The site contains publications and resources for caregivers, including the Family Care Resource Connection, where you can find reviews and ratings on over 1,000 books, videos, Web sites, and other materials on caregiving.
- **Caregiver Action Network** [↗](#)
The site offers a virtual library of information and educational materials for family caregivers.
- **eXtension** [↗](#)
This website was created by the United States Department of Agriculture (USDA), Cooperative Extension System. Here, caregivers and advocates can access a wide range of information and materials designed to help them learn about and provide supportive services to family and relative caregivers. Topics include disaster preparedness, military families, grandparents raising grandchildren, housing, and nutrition.
- **HHS Office of Women's Health (OWH)** – The OWH website provides an extensive list of links of interest to caregivers.

http://www.acl.gov/Get_Help/Help_Caregivers/Index.aspx

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Help and Resources

Help & Resources

Older Adults

People with Disabilities

Caregivers and Families

Funded Resource Centers

Administration on Aging

Administration on Intellectual
and Developmental
Disabilities

Center for Disability and
Aging Policy

Additional Resources

ACL Funded Resource Centers

The following three programmatic centers within ACL fund resource centers.

- **Administration on Aging (AoA)**
- **Administration on Intellectual and Developmental Disabilities (AIDD)**
- **Center for Disability and Aging Policy (CDAP)**

Last Modified: 11/12/2013

http://www.acl.gov/Get_Help/Funded_Resource_Centers/Index.aspx

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Programs & Activities

Programs & Activities

Administration on Aging

Administration on Intellectual
and Developmental Disabilities

Center for Disability and Aging
Policy

Programs & Activities

The Administration for Community Living oversees a number of programs that support older adults, persons with disabilities, and family caregivers.

- **Administration on Aging**
- **Administration on Intellectual and Developmental Disabilities**
- **Combined Aging and Disability Programs**

Administration on Aging

Administration on Aging (AoA) programs, funded under the **Older Americans Act**, provide assistance to older persons and their caregivers, as well as critical support services, that help older adults remain independent and involved in their communities.

Services include:

- **Elder Rights Services** provide a range of programs that help to protect the rights of vulnerable and at-risk older individuals both the community and long-term care settings.
- **Health, Prevention, and Wellness Programs** help older adults remain as healthy as possible. Efforts include evidence-based disease and disability prevention programs and the Alzheimer's Disease Supportive Services Program.
- **Native Alaskans, Native Hawaiians, and Native Americans** Program acknowledges the unique cultural and social traditions of Native and Tribal communities.
- **National Clearinghouse for Long-Term Care Information** provides information and resources to help individuals plan for future long-term care.
- **National Family Caregiver Support Program** provides a range of supports that assist family and informal caregivers to care for their loved ones at home or as long as possible.
- **Nutrition Services** provide balanced and nutritious meals at home or at a congregate setting such as a senior center, church, or another community facility.
- **Support Services** assist older adults to maintain their independence in their communities. Services include assistance with transportation, in-home care, community-based services such as adult day care, and information and referral assistance.

<http://www.acl.gov/Programs/Index.aspx#Adults>

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Programs & Activities

Administration on Intellectual and Developmental Disabilities

Administration on Intellectual and Developmental Disabilities (AIDD) supports approaches that shape attitudes, raise expectations, change outdated or broken systems, and empower individuals with intellectual and developmental disabilities to pursue the lives they imagine for themselves. AIDD provides financial and leadership support to specific types of organizations in every state and territory in the United States. These organizations help individuals with developmental disabilities of all ages and their families obtain the support they need to achieve all aspects of a life envisioned and defined by the Developmental Disabilities Assistance and Bill of Rights Act of 2000.

Programs include:

- **State Councils on Developmental Disabilities** engage in systems change and capacity building efforts that promote self-determination, integration and inclusion for people with developmental disabilities.
- **State Protection & Advocacy Systems** help individuals with developmental disabilities secure their human and civil rights.
- **Projects of National Significance** help create and enhance opportunities for individuals with developmental disabilities to contribute to, and participate in, all facets of community life.
- **National Network of University Centers for Excellence in Developmental Disabilities Education, Research & Service** represents an expansive national resource for addressing issues, finding solutions, and advancing research related to the needs of individuals with developmental disabilities and their families.
- **The President's Committee for People with Intellectual Disabilities'** mission is to provide advice and assistance to the President of the United States and the Secretary of HHS on a broad range of topics that impact people with intellectual disabilities.
- **Help America Vote Act (HAVA)** grants make polling places accessible to voters with disabilities.

<http://www.acl.gov/Programs/Index.aspx#Adults>

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Programs & Activities

Combined Aging and Disability Programs

The **Center for Disability and Aging Policy** advises and supports the ACL Administrator and Principal Deputy Administrator in developing effective Federal policies and programs to address the needs of individuals with disabilities and the aging of the nation's population. The Center supports, plans, coordinates and oversees the implementation of policies, programs and special initiatives designed to overcome barriers that prevent older Americans and persons with disabilities from fully participating and contributing in an inclusive community life.

Please select from the areas below to learn more:

- **Office of Integrated Programs**
- **Office of Policy Analysis and Development**
- **Office of Performance and Evaluation**

<http://www.acl.gov/Programs/Index.aspx#Adults>

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— *Celebrating 20 Years* —
Connecting You to Community Services

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What is the Eldercare Locator?

- ▶ A national service of the Administration for Community Living administered by National Association of Area Agencies on Aging (n4a)
- ▶ Established in 1992 to help people find local agencies, programs and supports in every U.S. community
- ▶ Three components to the program: National Call Center, Website and Resource Center

What does the Locator do?

For people who don't know where to start...

- ▶ Single phone number and website
- ▶ Finds and connects to local resources
- ▶ Helps adult children living long distances
- ▶ Helps caregivers find services
- ▶ Helps professionals find resources for older adults and their families

www.eldercare.gov

The screenshot shows the homepage of the Eldercare Locator website. At the top, it says "Department of Health and Human Services" and "eldercare locator" with the tagline "Addressing the Issues - Connecting You to Community Services" and the phone number "1-800-677-1116". There are navigation tabs for "Home", "About", and "Resources". A search bar is located in the top right corner. Below the header, there is a welcome message and a section titled "Find Help in your Community" with the instruction "You can start your search by selecting zip code OR city/state OR topic." There are two search options: "Search by Location" with fields for "Zip Code" and "City" and "State", and "Search by Topic" with a list of topics including Alzheimer's Disease, Caregiver, Elder Abuse Prevention, Financial Assistance, Food & Nutrition, Health Insurance, Healthy Aging, Home Design & Modification, Hearing Options, In-Home Services, Legal Assistance, Long Term Care, Nursing Home & LTC Facilities, Transportation, and Volunteerism. There are "Search" and "Reset" buttons. On the right side, there is an "Online Chat" section with a "Have a question? Speak with an Information Specialist" and a "Facebook" link. Below the search options, there is a "Tools and Resources" section with links to "Check for Benefits", "Long Term Care Planning", "Fact Sheets", "Brochures", "Federal Websites", and "Helpful Links".

Search by Location OR Topic

Brochures to download and print or order online

Have Questions? Chat or Call Us

Links to:

- BenefitsCheckUP
- LTC PathFinder
- Federal Websites that offer valuable information on a range of critical eldercare issues.
- Links to non-profit organizations that focus on eldercare and other aging issues.

Search By Location

Information & Assistance - This service supports older persons and their caregivers in assessing their needs, identifying the most appropriate services to meet these needs and linking them to those services.

Results for atlanta, GA

Welcome to the Search Results Page. Below is a listing of resources in your community that provide information and assistance for older adults and caregivers. To learn more about each type of agency access the button located next to each service.

Show All [button] New Search [button]

Information and Assistance

DeKalb County Office of Senior Affairs [Coverage Area]

Address : 2538 Panola Road
 City : Lithonia
 State : GA
 Zip : 30058
 Website : http://www.co.dekalb.ga.us/portals/senior-services/index.html
 Office Phone : (770) 322-2950
 Information Phone : (770) 322-2950
 Languages : English
 Description : Services include but are not limited to: Senior Centers, Congregate Meals, Home Delivered Meals, Transportation, In-home services and Case Management. Information, consultation and referral for persons 60 years of age and older and their caregivers.
 Hours : 8:30 AM - 5:00 PM - Eastern Time Monday- Friday
 Directions : [View on map]

Fulton County Office of Aging [Coverage Area]

Address : 115 Martin Luther King Drive SW
 4th Floor

30002	30021	30036	30058
30072	30074	30079	30083
30084	30085	30086	30087
30088	30294	30317	30319
30322	30329	30333	30338
30340	30341	30345	30346
30356	30359	30360	30362
30366	31119	31141	31145
31146	36601	30030	30031
30032	30033	30034	30035
30036	30037		

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Search By Topic

Tip Sheet

Providing Assistance to Agitated Passengers

Ways to respond to agitation if occur before or during your trip

Whether you are preparing for an emergency trip to the airport, heading down the road or awaiting the next train or airplane to reach your destination, you may encounter agitated passengers. They may be in a state of panic, confusion, or fear, and may be difficult to help. This tip sheet offers suggestions for caregivers to provide calm and assistance to both driver and passenger.

• If you need one become agitated, remain calm and approach the driver of the vehicle. Do not approach the driver if you are not sure you are safe. Do not approach the driver if you are not sure you are safe. Do not approach the driver if you are not sure you are safe.

• The approach an agitated passenger, approaching the driver of the vehicle. Do not approach the driver if you are not sure you are safe. Do not approach the driver if you are not sure you are safe.

• For more information, visit the National Center on Senior Transportation website at www.ncst.org. The National Center on Senior Transportation is a national organization that provides information and resources for older adults and their caregivers. For more information, visit the National Center on Senior Transportation website at www.ncst.org.

Search By Topic > Caregiver

Home

About

Service Database Outreach Materials Contact Information Aging Network

Resources

Check Benefits Long Term Care Planning News & Information Factsheets Brochures Federal Websites Helpful Links Search by Topic Caregiver Tips

Caregiver

- National Information and Resources
- Publications
- Find information and resources in your area

Families are the major provider of long-term care to their older loved ones. While this responsibility can take an emotional, physical and financial toll, knowledge of available resources can help relieve caregiver stress. Services, programs, and resources are available for persons who help an older person with the activities of daily living, health care, financial matters, guidance, companionship and social interaction.

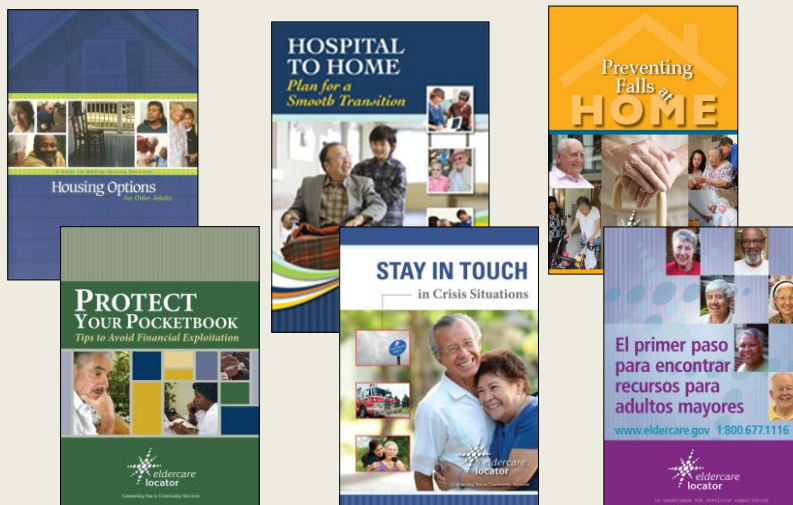
Throughout the country, States and Territories receive grants through the National Family Caregiver Support Program (NFCSP) to fund services that assist family and informal caregivers to care for their loved ones at home for as long as possible. These services include:

- Information about available services
- Assistance in gaining access to services
- Individual counseling, support groups and caregiver training
- Respite care
- Supplemental services, on a limited basis

To learn more about this program, visit the NFCSP page on the Administration on Aging website.

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Eldercare Locator Resource Center



<http://eldercare.gov/Eldercare.NET/Public/Resources/Brochures/Index.aspx>

1-800-677-1116



9:00am – 8:00pm ET Monday – Friday
Bilingual Staff, Language Line
Enhanced Services, After Hours Service

Areas of Expertise

- Eldercare Counselors – Enhanced Services
 - Transportation Options
 - Caregiver Support
 - Long-term Care Planning
 - Crisis/Complex Issues Counseling
- Identify appropriate and trustworthy referral
- Prepare callers for what to expect
- Offer additional resources
- Connect caller directly to local agency

The screenshot shows the homepage of www.alzheimers.gov. The header includes the site name and the tagline "For the people helping people with Alzheimer's". A navigation bar contains tabs for "Alzheimer's is...", "Treatment Options", "How to Pay & Plan", "Caring for Someone", "Help with Alzheimer's", and "Fighting Alzheimer's".

The main content area features a video player titled "Understanding Is Key For Help" with a play button and a "Read the transcripts" link. To the right is a section titled "Answers Start Here" with a welcome message and a photo of a man kissing a woman on the cheek.

Below these are several informational cards:

- What is Alzheimer's disease? How do you know if someone has it?** Includes a description of the disease and a "Find out more" button.
- What are the treatment options?** Includes text about seeking medical help and a "Find out more" button.
- How do I plan ahead? What does insurance pay for? What does Medicare pay for?** Includes text about planning and a "Find out more" button.
- What kind of care does someone with Alzheimer's disease need?** (partially visible)
- Where can I go for help?** (partially visible)
- What other efforts are underway in fighting** (partially visible)

What does Alzheimers.gov offer?

- Provides information about Alzheimer's and stages of the disease
- Provides information about treatment options
- Information about financial planning with an illness
- Resources for caregivers

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What does Alzheimers.gov offer?

Caregiver Resources

Finding Alzheimer's Capable Care

Caregiver Resources

Most people want to stay in their communities and live in their homes as long as possible. Communities and states offer different services. This page offers ideas to get you started finding support in your area.

Finding Local Resources

Federal and States Programs (Other than Medicaid): Many communities have programs to assist people with Alzheimer's disease in a number of different ways. One of the best ways to determine what government assistance is available is to contact your local Area Agency on Aging.

The local Area Agency on Aging may be able to connect you with services such as Meals on Wheels, transportation services to help get to doctors' appointments, or support groups for people with Alzheimer's and their caregivers, and other home care programs. These resources are particularly important if you choose to remain in your home.

- [The Eldercare Locator](#) helps find help on a variety of subjects and can be filtered by topic area or geographic location.
- [The Alzheimer's Association's 24/7 Helpline](#) [®] provides information and support to people with memory loss, caregivers, health care professionals, and the public at 1-800-272-3900.
- [The U.S. Department of Veterans Affairs](#) can help you find help near your home via their zip code locator or their Caregiver Support Line when caring for a veteran.
- [NIH's Alzheimer's Disease Education and Referral Center](#) can be contacted five days a week via phone at 1-800-438-4380 or via

Important Links

[Eldercare Locator](#):

Connecting you to services for older adults and their families.

[VA Caregiver Support](#)

[Alzheimer's Association](#): [®] CareFinder

http://alzheimers.gov/caregiver_resources.html

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What does Alzheimers.gov offer?

Developing a Plan

Paying for Care and Services

Paying for Medical Care and Daily Living Services

Alzheimer's care can be extremely expensive. It's important to know what to expect and what resources are available to you. Care for a person with Alzheimer's is broken down into two categories, each with different sources of payment. Medical expenses are usually paid separately from the non-medical services that are needed to make it possible for someone with Alzheimer's to live at home as long as possible.

Medical Expenses

People with Alzheimer's disease require regular medical care as well as some special care that might include medications or other interventions. Medical services are often covered under medical insurance (either Medicare or private health insurance). It may be important to examine the health coverage to determine the extent of coverage limitations or co-pays and deductibles.

Medicare

- [Medicare's website](#) provides details about Medicare coverage in general.
- [The National Clearinghouse for Long Term Care Information](#) provides details about Medicare-related to long-term care needs.
- Medicare has information on [Medicare Drug plans](#).
- [The zip code finder](#) helps locate a Medigap Policy in your area.

Private Health Insurance

If the person with Alzheimer's has private health insurance it is important to contact the insurer and learn what lifetime maximums or other limitations you may encounter. Knowing what you are covered for in advance will help avoid surprises when coverage is denied.

Long-Term Care

Important Links

[National Clearinghouse for Long Term Care Information:](#)
Paying for Long Term Care

[Alzheimer's Foundation of America:](#) [Ⓔ](#)
Legal and Financial Planning

[Medicare.gov](#)

<http://alzheimers.gov/paying.html>

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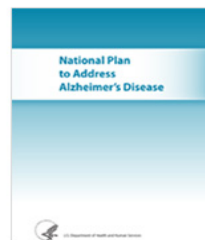
What does Alzheimers.gov offer?

Fighting Alzheimer's

NAPA

The National Alzheimer's Project Act (NAPA) was signed into law in 2011. This law requires the development of a national plan to accelerate research toward treatment and prevention of Alzheimer's, and to improve care, services, and support to people with Alzheimer's, families and caregivers. This alzheimers.gov website is part of the federal government's commitment to help those facing Alzheimer's and other dementias. The National Plan to Address Alzheimer's Disease will be available on May 15th.

- [National Plan to Address Alzheimer's Disease \(pdf format\)](#) (PDF files require the [free Adobe Acrobat Reader](#) [Ⓔ](#) application for viewing.)
- [National Alzheimer's Project Act \(NAPA\)](#)



Advancing Medical Research

As the leading funder of Alzheimer's research, the federal government is supporting significant new research into the causes of Alzheimer's and finding ways to delay, prevent, or treat the disease.

- [NIH Alzheimer's Disease Education and Referral Center](#)

http://alzheimers.gov/fighting_alzheimers.html

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www.longtermcare.gov

You are: [HOME](#) A A Search [GO](#)

LongTermCare.gov *Find your path forward* U.S. Department of Health and Human Services

The Basics
Just beginning to think about long-term care? Start here; it's more than just insurance.

Medicare, Medicaid & More
Find out what is covered and what is not.

Where You Live Matters
Is your home, community and state well-suited for aging/long-term care?

How to Decide
Protect your family by thinking ahead and making your decisions known.

Costs & How to Pay
Long-term care is expensive, but there are several ways to pay for the care you may need.

1 2 3 4 5 ||

LTC PathFinder

Long-term care is a big topic. Use the PathFinder to get to the information most relevant and useful to you now.

How old are you?

- Less than 50
- 51-64
- 65+

Do you currently require long-term care services?

Yes No

SUBMIT

Tools [Find Services](#) [Costs of Care in Your State](#) [Partner Toolkit](#)

Resources [Alzheimer's](#) [LGBT Issues](#)

Links [State Medicaid Program](#) [Medicare](#)

What does longtermcare.gov offer?

- In the 2000, almost 10 million people needed some form of long-term care in the United States. Of this population, 3.6 million (37%) were under age 65 and 6 million (63%) were over age 65 (Roger & Komisar, 2003). Almost 70% of people turning age 65 will need long-term care at some point in their lives.
- Many people think the phrase “long-term care” refers to an insurance policy. While insurance may be part of your strategy, long-term care encompasses everything from long-term services and supports and finances, to where you will live and how you will navigate the myriad of legal, family, and social dynamics along the way.

What does longtermcare.gov offer?

The Basics

Just beginning to think about long-term care? Start here; it's more than just insurance.

Medicare, Medicaid & More

Find out what is covered and what is not.

Where You Live Matters

Is your home, community and state well-suited for aging/long-term care?

How to Decide

Protect your family by thinking ahead and making your decisions known.

Advance Care Plan Considerations

Will I Need a Lawyer

Legal Steps for Medical Well-being

Legal Steps for Financial Well-being

Costs & How to Pay

Long-term care is expensive, but there are several ways to pay for the care you may need.



Share page:



How to Decide



As you age, you can feel better knowing there are steps you can take to ensure that your wishes, both medical and financial, are carried out the way that you want them. **Advance care planning** entails discussing your wishes, completing legal documents, and appointing a health care decision maker.

Having your decisions squared away and clear, so that there are no misunderstandings or second-guessing, can be the greatest gift you can give to your loved ones, and yourself. In this section we will answer the following questions:

- [What considerations should I make when building my advance care plan?](#)
- [Will I need a lawyer?](#)
- [What legal steps should I take for my medical well-being?](#)
- [What legal steps should I take for my financial well-being?](#)

LTC PathFinder

Long-term care is a big topic. Use the PathFinder to get to the information most relevant and useful to you now.

How old are you?

- Less than 50
- 51-64
- 65+

Do you currently require long-term care services?

- Yes
- No

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Related Links

[Find Services](#) [Glossary](#)
[Information on Alzheimer's Disease](#)
[Lesbian, Gay, Bisexual and Transgender \(LGBT\) community](#)

<http://longtermcare.gov/how-to-decide/>

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What does longtermcare.gov offer?

Advance Care Plan Considerations

You should consider these questions as you plan:

- What are your **values and beliefs**? When developing an advance care plan, consider your concerns, values, spiritual beliefs, or your ideas about **what makes life worth living**. [A variety of user friendly publications and guides on advance health care are available at the American Bar Association.](#)
- What do you want for yourself? Most people think about the way they wish to face death or disability but may be uncomfortable discussing these topics. **Sometimes sharing your own ideas**, if you are helping someone, or **reviewing the situations of other family members** or friends who have been in similar situations, can help
- **Who do you want as your decision maker?** Decide who should make decisions for you if you cannot. Choose someone who will understand and be able to carry out your wishes even if they include stopping life-sustaining treatment. You should also name a back-up agent to make decisions, in case the first person is not able to do so.

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Review of Online Resources

- www.acl.gov
- www.eldercare.gov
- www.alzheimers.gov
- www.longtermcare.gov