



# STAGES of SENIOR CARE

Your Step-by-Step Guide to Making the Best Decisions

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## Chapter 5: Family Care

The family bears the entire responsibility for taking care of the elderly person—either in the senior's home or in the home of the family member.

### Advantages

- Fulfills the "promise of home"
- Opportunities for close personal relationship with your senior
- Low cost of care (primarily out-of-pocket)
- Great personal satisfaction
- Intergenerational bonding

### Disadvantages

- Risk of high personal and family stress
- Potential for multigenerational conflicts
- Possibility of under serving the needs of your senior
- Neglecting your own family
- Loss of productivity on your job

### Choose This Option If

- senior is functional on all activities of daily living (ADL)
- limited assistance is required by senior

### Average Annual Cost

- An estimated \$5,000 to \$8,000 in out-of-pocket expenses to provide care, including transportation, meals, etc., but depends on the care situation

### Resources Available

- National Family Caregivers Association, [nfcacares.org](http://nfcacares.org)
- Home Instead Senior Care's [CaregiverStress.com](http://CaregiverStress.com) website
- Lotsa Helping Hands, [lotsahelpinghands.com](http://lotsahelpinghands.com)
- A Place for Mom, [aplaceformom.com](http://aplaceformom.com)
- Work Options Group, [workoptionsgroup.com](http://workoptionsgroup.com)
- Family Caregivers Alliance, [caregiver.org](http://caregiver.org)
- Children of Aging Parents, [caps4caregivers.org](http://caps4caregivers.org)
- How to Care for Aging Parents by Virginia Morris (Workman Publishing, 2004)
- The Parent Care Conversation by Dan Taylor (Penguin Books, 2006)
- Parent Care Solution by Dan Taylor (AuthorHouse, 2004)

### Issues You Should Be Aware Of

- Family care is the most rewarding and demanding option
- Loss of job productivity
- Loss of income
- Stress in family caregiving can lead to elder abuse

### When It Is Time to Move On

- Personal stress reaches high level
- Family relationships are strained
- Senior needs more and more specialized care

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