Alternatives to Assisted Living:
WMU Aging Services
Supportive Services to Remain in Your Own Home

Presentation to Emeriti Council
November 9, 2016
Who are we?

- WMU Aging Services is a division of the WMU Center for Disability Services, a multi-service agency that provides service to University employees and the general community.

- Housed in various locations on campus and in the Kalamazoo community.
Who are we?

- College of Health and Human Services faculty, staff and students
- Provide “real world” clinical training for students
- Broad range of clinical faculty may be involved such as psychology, occupational therapy, social work, nursing
Profile of Aging

- The aging population (65+) will continue to increase.
- Each day 10,000 baby boomers reach the age of 65.
- A woman who lives to be 65 can expect to live another 20+ years
- A man who lives to be 65 can expect to live another 18+ years
The impact of aging on living situations

• The vast majority of people over 65 live at home.
• By age 85, only 78% live at home and the rest live in long-term care facilities and community housing.
• A move to a full-time facility can be a substantial investment.
Choices to consider

• Remaining in your own home
• Senior Living Communities
• Assisted Living
• Residing with family
Did you know?

Given the choice, the vast majority would rather remain living in their homes for the rest of their lives.
Making the decision to remain living at home
What is in-home non medical care?

- Home care is having a trained aide come into your home (whether it be senior housing complex or private residence) to help with activities of daily living for a few hours a day all the way up to 24/7 care.
What is in-home medical care?

Medical Care is provided by home health agencies. They can give medications, check blood pressure, give injections. Visits are conducted by nurses, occupational therapists, etc.
What are Adult Day Services?

Adult day care centers are designed for older adults who can no longer manage independently, or who are isolated and lonely. They enable seniors to socialize with others while still receiving needed care services. At the same time, they offer caregivers a break from caregiving duties while knowing that their loved one is in good hands.
How can a care coordinator help?

- They conduct assessments to determine needs
- Act as a liaison with the medical community
- Offer input and guidance into living options
- Assist in selecting providers
National Median Care Rates

- In-Home Care $20 Hourly
- Adult Day Care $69 Day
- Assisted Living $3,600 Month
- Nursing Home $250 Day
## Monthly Costs: Kalamazoo Area, MI (2016)

<table>
<thead>
<tr>
<th>Service</th>
<th>Cost (2016)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Home Health Care</strong></td>
<td></td>
</tr>
<tr>
<td>Homemaker Services¹</td>
<td>$3,886</td>
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<tr>
<td>Home Health Aide¹</td>
<td>$3,981</td>
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<tr>
<td><strong>Adult Day Health Care¹</strong></td>
<td></td>
</tr>
<tr>
<td>Adult Day Health Care¹</td>
<td>$1,733</td>
</tr>
<tr>
<td><strong>Assisted Living Facility²</strong></td>
<td></td>
</tr>
<tr>
<td>Assisted Living Facility²</td>
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<tr>
<td><strong>Nursing Home Care</strong></td>
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<tr>
<td>Semi-Private Room¹</td>
<td>$8,608</td>
</tr>
<tr>
<td>Private Room¹</td>
<td>$9,657</td>
</tr>
</tbody>
</table>

Genworth 2016 Cost of Care Survey, conducted by CareScout®, April 2016

1 Based on annual rate divided by 12 months
2 As reported, private, one bedroom

[View the survey methodology](#)
WMU In-Home Services

In-Home cost is $22 hr. discounted to $20 hr. for WMU employees, retirees, dependents.

We provide the following:

• Weekly scheduled care in your home
• Assistance with all activities of daily living and personal care
• Staff trained in dementia care
WMU Senior Day Services

Day Services cost is $70 per day discounted to $63 per day for WMU employees, retirees, dependents.

We provide the following:

- Respite care on site
- Medical monitoring – on-site nurse
- Dignified assistance
- Staff trained in dementia care
- Access to a variety of intervention and services from WMU academic partnerships
WMU Care Coordination

Care coordination cost is also discounted for WMU employees, retirees, dependents. Fees vary depending on services.

We provide the following:

- Assessment
- Linking and Coordinating
- Monitoring
What do our clients say about our services:

- "Our professional lives were spent with students and WMU caregivers reinforce our confidence in and respect for their abilities."

- "The whole family is happy with the girls."

- "Mother is always asking when the girls are coming back."

- "The girls have always cheerfully done what I have asked them to do. I've enjoyed them all!"

- "My staff's knowledge of technology (smart phones, laptops and computers, etc.) have been a "gift" to me."
What WMU Aging Services can offer Emeriti

• Personalized services help you maintain your independence at home.

• Companionship and social engagement.

• Energetic student employees who bring energy and a refreshing alternative compared to other home help agencies.
WMU Mind Aerobics

The Missing Piece to Wellness

Suite of Evidence Based Cognitive Programs Targeting 6 Areas of the Brain

- Reaction Time
- Memory
- Attention
- Language
- Problem Solving

Per Session cost will be established. 1-hour sessions will start in January.

www.cognitivecenter.org

Multiple Class Sessions – Twice Weekly Per Semester

SIGN UP FOR MORE INFORMATION
Thank you for your time!

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www.wmich.edu/agingservices