

Continuum of Care

A. *Independent Living*

- a. Able to do activities of daily living (ADL) and instrumental activities of daily living (IADL)
- b. Manages life with or without minimal assistance from others
- c. Manages Finances & Budgeting
- d. May reside in a retirement community
- e. Plans for possible future health needs
 - a. May do PCOA Partners In Planning
 - b. Completes advanced directives and a will
 - c. May purchase Long-Term Care Insurance
 - d. Reviews medical coverage options re: Medicare, AHCCCS, Gap insurance
- f. May attend senior lunch programs in a congregate setting
- g. May attend Health and Community Related Activities
 - a. PCOA Healthy Living Opportunities
 - i. Healthy Living: Managing Ongoing Health Conditions
 - ii. Healthy Living with Chronic Pain
 - iii. Healthy Living with Diabetes
 - iv. A Matter of Balance
 - v. Enhance Fitness
 - vi. Aging Mastery Program
 - b. Community and Recreation Centers
 - i. City and County Parks and Recreation Programming
 - ii. Senior Clubs and Organizations
 - iii. Faith and Community Activities
- h. Services available to remain independent
 - a. Electronic Emergency Response System

B. *Semi-Independent Living (Assistance to Remain in Home)*

- a. Services available to remain semi-independent
 - a. Electronic Emergency Response System
 - b. Case Management
 - c. Shopping Assistance
 - d. Food Assistance
 - e. Transportation Services
 - f. Home Health Agencies Services – private pay
 - i. Assistance with ADLs and self-administration of medications
 - ii. Recipient may be semi-independent or dependent
 - iii. Services are intermittent, up to 24 hours a day
 - g. ALTCS
 - i. Must meet residency, medical and income eligibility requirements
 - h. VA Aide & Attendance – for veterans and widow/widower, that served during certain war times
 - i. Durable Medical Equipment & Supplies
 - j. Counseling and Mental Health Services
 - k. Outpatient Therapy Centers
 - l. Adult Day Health Care
 - m. Private or Public Fiduciaries
 - n. Hoarding Resources

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- o. Incontinence Support and Resources
- p. Adult Protective Services
- q. Cancer Resources
- r. Hearing & Vision Loss Resources
- s. **Pima Council on Aging Services (Area Agency on Aging)**
 - i. Helpline
 - ii. Community Services System (CSS) - (in-home assistance)
 - iii. Caregiving Support
 - iv. Elder Rights & Benefits Advocates
 - v. Home Modification & Repair
 - vi. Personal Budgeting Assistance
 - vii. Nutrition Program (Congregate and Home Delivered Meals)
 - viii. Neighbors Care Alliance

C. Higher Level of Care

- a. Assisted Living Centers
 - i. Provides assistance with simple ADLs and IADLs
 - ii. Client still has some level of independence
- b. Adult Care / Assisted Living Homes
 - i. Private home care for up to ten older adults
 - ii. Provides housekeeping, meals, 24-hour supervision, assistance with personal care, medication administration and activities
 - iii. Specialized dementia care is available in some homes
- c. Skilled Nursing Facilities
 - i. Residential health care facility offering ongoing nursing care
 - ii. Intermediate, skilled and dementia/secure care, as well as long-term care may be offered
- d. Continuing Care Retirement Community
 - i. A full range of care from independent retirement apartments to assistance with personal care in a skilled nursing facility or Alzheimer's unit
 - ii. Allows residents to receive all care needs on the same campus
 - iii. Various contracts available
- e. Hospital
 - i. 24 hour Registered Nursing care and physician oversight is provided
 - ii. May receive inpatient or long-term acute care
 - iii. May require full assistance with ADLs
 - iv. Medications are administered by RN according to licensed practitioner's orders
 - v. May include rehab facilities
- f. Hospice
 - i. Must be ordered by a physician
 - ii. Facility or in-home care
 - iii. Offers pain management and supportive services providing physical, psychological, social and spiritual care for terminally ill person and their family
 - iv. Plan of care is developed by an interdisciplinary team, which includes the patient, family or caregiver, nurse, social worker and clergy
 - i. End of Life planning may be completed
 - v. Services may include nurse, social worker, clergy, nutritional support and home health aides

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- g. Veteran's Administration
 - i. Must have record of prior military service
 - ii. Character of discharge or service must be under other than dishonorable conditions (e.g., honorable, under honorable conditions, general)
- h. Rehabilitation Hospitals
 - Physical, occupational, or speech/language therapy ordered by a physician
- i. Long-term care Ombudsman
 - i. Advocate to resolve complaints on behalf of residents of long-term care, assisted living and skilled nursing facilities

D. Assistance & Resources for Caregivers

(Care may be provided by an unpaid family member or friend)

- a. Pima Council on Aging
 - i. Caregiver Specialists
 - 1. Individual and family consultation
 - 2. Caregiver Support Groups throughout Tucson
 - ii. Luminaria Home Care Family Caregiver Training Program (2 day workshop)
- b. Alzheimer's Association Support Group and other dementia related services
- c. Grief and Loss Support Groups
- d. Other disease specific support groups
- e. Respite Service
- f. Veterans Resources
- g. K.A.R.E. Family Center
 - i. Provides a variety of services to grandparents and other relatives who are raising children under age 18