



FEATURE ARTICLE FROM ALWAYS BEST CARE

More Young Adults Entering Long-Term Care Facilities

by Tonja Edelman, MSW

Most people think of nursing homes as a home for the elderly. But according to a recent report by National Public Radio, federal nursing home data shows that there are more than 6,000 young people up to the age of 21 living in American nursing homes. There are thousands more who are in their early twenties. In fact, young people ages 31 to 64 now make up 14 percent of the nursing home population, according to federal data from the Department of Health and Human Services. In many cases, nursing homes are now referred to as long-term care facilities or skilled nursing facilities, mostly due to the population they serve.

In a recent internet article published by McKnight's Long-Term Care News and Assisted Living, it was identified that very few young adults are interested in participating in the development of their care plans. In fact, the biggest challenge for the caregivers in long-term care of young adults is developing a plan of care and in getting the resident's involvement in its development. Separate activity programs are often needed for the young adults. They often ask for entertainment and activities that the elderly patients are not interested in, and they want it on a regular basis.

While it is uncertain precisely why the increase of young adults moving entering long-term care facilities is occurring, the trend is likely the result of limited resources to help people with developmental disabilities, mental health needs and other concerns stay in their homes. Even as funds for home-based care have increased in many states, the need for assistance is rising faster, experts say. According to David Caesar who is Vice President of Operations at Always Best Care, a California based Senior Homecare & Health Care Provider, in-home care can be about a third the cost of providing care in a nursing home or institution, depending on the number of hours required to assist the client. Caesar goes onto to say that although this is an option that companies like Always Best Care can offer help with, there is also assistance for seniors and others needing help with placement into specialized communities.

Whether you are already what is considered to be elderly or if you are approaching old age, you may already find it that it is sometimes more difficult to perform certain tasks, including shopping, cooking, bathing or doing your laundry. There are a range of services available for this which includes personal care, dressing, meal preparation, or Caregiver assistance. For more information on this subject, contact a Care Coordinator at any of the individually owned and operated Always Best Care Offices located throughout the country. To find the Always Best Care Senior Services office nearest you, please visit www.alwaysbestcare.com.

Tonja Edelman, MSW, is a Franchise Operations Trainer at Always Best Care Senior Services, and a former Deputy Public Conservator. Through its network of more than 140 independently

owned and operated franchises, Always Best Care provides non-medical in-home care, assisted living placement and skilled home health care for seniors across the country. Visit Always Best Care Senior Services at www.alwaysbestcare.com.



Always Best Care Senior Services

Always Best Care Senior Services (www.alwaysbestcare.com/) is based on the belief that having the right people for the right level of care means peace of mind for the client and family. Always Best Care Senior Services has assisted over 25,000 seniors, representing a wide range of illnesses and personal needs. This has established the company as one of the premier providers of in-home care, assisted living placement assistance, and skilled home health care.

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