**A list of PMC’s most common referrals and where/how to find additional options:**

*\*Please note that due to the effects of the Covid-19 virus, some of the options below may be closed or operating on a reduced schedule.*

**PMC Programming:**

* Memory Café: a social opportunity for our patients and their caregivers: <https://pennmemorycenter.org/programs-services/memory-cafe/>
* Time Out: a respite care program that pairs PMC patients and other older adults with trained college students: [www.timeoutcare.org](http://www.timeoutcare.org)
* Cognitive Comedy: an improv comedy program for individuals experiencing memory loss: <https://pennmemorycenter.org/programs-services/cognitive-comedy/>
* Creative Expression Through Music: a program in partnership with the Curtis Institute of Music that leads PMC patients through creative musical exercises: <https://pennmemorycenter.org/programs-services/creative-expression-through-music/>
* Caregiver support groups: we will discuss membership during our last caregiver class. Meet once monthly.

**Adult Day Centers:**

* Main Line Adult Day

119 Radnor St., Bryn Mawr, PA

610-527-4220

<https://www.mainlineadultdaycenter.org/>

* St. John Neumann Center

10400 Roosevelt Blvd., Philadelphia, PA

215-698-5600

<http://stnrehab.org/adult-day-program/>

* Active Day (multiple locations across PA & NJ)

<https://www.activeday.com/locations/states/pa/>

* SarahCare (multiple locations across PA & NJ)

[https://sarahcare.com/find-a-center/#](https://sarahcare.com/find-a-center/)

You can search for licensed day centers in your county on the following websites:
-PA: <https://www.aging.pa.gov/local-resources/Pages/Adult-Day-Center.aspx>

-NJ: <https://www.state.nj.us/humanservices/doas/services/aads/index.html>

**Geriatric Care Managers:**

* Kith Care (Liz Dunleavy, MSW, LSW, CMC)

215-880-3541

<http://www.kithcare.com/>

* GrayCare (Joyce Gray, LCSW)

610-667-2838

<http://graycaremanagement.com/>

* Liebling Elder Care (Wendy Liebling, LSW, C-ASWCM)

610-733-1473

<http://www.lieblingeldercare.com/>

You can search for a geriatric care manager using the Aging Life Care Association’s tool here: <https://www.aginglifecare.org/ALCA/About_Aging_Life_Care/Find_an_Aging_Life_Care_Expert/ALCA/About_Aging_Life_Care/Search/Find_an_Expert.aspx?hkey=78a6cb03-e912-4993-9b68-df1573e9d8af>

**Elder Care Attorneys**

* Gerhard & Gerhard P.C. – serves PA

215-885-6785

<https://www.paelderlaw.net/>

* Rothkoff Law Group – serves NJ and PA

877-475-1101

<http://rothkofflaw.com/>

* Bratton Scott – serves NJ and PA

856-857-6007

<https://www.brattonscott.com/>

* Anderson Elder Law – serves PA

610-566-4700

<http://www.andersonelderlaw.com/>

You can search for an elder care attorney using the National Academy of Elder Law Attorneys’ tool here: <https://www.naela.org/findlawyer>

**Free or low-cost legal resources:**

* CARIE (Center for Advocacy for the Rights and Interests of the Elderly)

<https://www.carie.org/>

* The Senior Law Center

<http://seniorlawcenter.org/>

* Philadelphia VIP

<https://www.phillyvip.org/>

**Miscellaneous options for Caregiver Support:**

* Hilarity for Charity: provides grants for in-home care: <https://wearehfc.org/programs/grant-program/>
* Nancy’s House: free weekend retreats for caregivers: <https://nancys-house.org/about/>

**Miscellaneous Special Programs:**

***\*Join the PMC mailing list to find out about our Memory Cafes, workshops, and other special events for patients and caregivers***

* Go Go Grandparent: an uber-esque service for transporting your loved one with our without you: <https://gogograndparent.com/>
* ARTZ Philadelphia: visual arts-based activities specifically for people with cognitive impairment, including small group guided tours of area museums: <https://www.artzphilly.org/>
* Memory Café finder: <https://www.memorycafedirectory.com/state-directories/>
* Ralston Center Wellness: free or low-cost fitness classes for older adults: <https://ralstoncenter.org/programs-services/ralston-wellness/classes-schedule/>
* Rock Steady Boxing: boxing classes designed specially for individuals with Parkinson’s Disease – appropriate for those with Lewy Body Dementia as well: <https://www.rocksteadyboxing.org/find-a-class/>
* Abington’s Memory Fitness Centers in Lansdale and Warminster: <https://www.abingtonhealth.org/services-specialties/senior-health/programs/in-the-community/memory-fitness-center/>
* Abramson Senior Care’s Edna Young Gordon Healthy Brain & Memory Center: <https://www.abramsonseniorcare.net/>
* The New Jersey Institute for Successful Aging: <https://centers.rowanmedicine.com/njisa/>

**Occupational Therapy:**

* Day By Day Home Therapy: dementia-specific occupational therapy: <https://www.daybydayhometherapy.com/>
* Jefferson’s Skillz 2 Care Program: more dementia-specific occupational therapy, but income-bound: <https://www.jefferson.edu/university/rehabilitation-sciences/jefferson-elder-care/services.html>
* Bryn Mawr Rehab’s Driving Program: you may be asked by your doctor to get a driving evaluation, or you may choose to take a driving class: <https://www.mainlinehealth.org/specialties/rehab-driver-rehab-program>

**Helpful Products:**

* A locked pill dispenser: <https://www.medminder.com/>
* Tile: <https://www.thetileapp.com/>
* A safe return ID bracelet: <https://www.alz.org/documents/national/brochure_masr_enrollment.pdf>
* A weighted blanket (any brand will do): <https://gethoneybird.com/>
* Joy for All pets: <https://joyforall.com/>
* The Alzheimer’s Store and The Mind Care Store have wander guards, home safety tools, and tools to help with ADL’s: <https://www.alzstore.com/> & <https://www.mindcarestore.com/>

**Private Homecare Agencies:**

* Home Instead

[www.homeinstead.com](http://www.homeinstead.com)

* Right at Home

[www.rightathome.net](http://www.rightathome.net)

* Visting Angels

[www.visitingangels.com](http://www.visitingangels.com)

* Bayada

[www.bayada.com](http://www.bayada.com)

* Penn Care at Home

<https://www.pennmedicine.org/for-patients-and-visitors/find-a-program-or-service/penn-medicine-at-home>

You can also search for an aide to hire independently through a website like [www.care.com](http://www.care.com), or your neighborhood listserv on [www.nextdoor.com](http://www.nextdoor.com).

Another popular volunteer program is Seniors Helping Seniors: <https://seniorshelpingseniors.com/>

The Philadelphia Corportation for Aging also has a Senior Companion program, but you must be income-eligible to participate: <https://www.pcacares.org/wp-content/uploads/2016/01/Senior-Companion-Eng.pdf>

**Subsidized Homecare Resources:**

If you think you might be financially eligible for Medicaid’s long-term care benefit, the first step is to have your *Area Agency on Aging* perform an in-home evaluation. The easiest way to find your local office is to search in Google: “Area agency on aging+[your county].” For example, Philadelphia’s AAoA is PCA, The Philadelphia Corporation for Aging ([www.pcacares.org](http://www.pcacares.org)).

The LIFE program (called the PACE program in some states) provides comprehensive care management, medical care, and a day center for older adults living in the community. Read more here: <https://www.dhs.pa.gov/Services/Disabilities-Aging/Pages/LIFE.aspx>

**How to Search for a Skilled Nursing Facility (aka nursing home or SNF)**

Medicare awards every licensed SNF a star rating out of five. The rating is based on annual surprise inspections. You can search for and compare different nursing homes using the tool below. Once you’ve searched according to your zip code, you can narrow down the options by star rating, insurance accepted, and other categories. You can also see the full text of health inspection reports and any complaints filed against the facility. [https://www.medicare.gov/nursinghomecompare/search.html?](https://www.medicare.gov/nursinghomecompare/search.html)

While this tool is a helpful jumping-off point, keep in mind that star ratings are not the be-all and end-all of evaluating care.

**How to Search for other Levels of Care (independent living, assisted living, and memory care):**

This is a little trickier because these types of facility are regulated by states, and some have better search/vetting tools than others. The best way to go about this is to ask friends or medical professionals for suggestions. You can also try the following search options:

* A list of Assisted Living Facilities from the PA Care Planning Council: <http://www.carepennsylvania.org/list05_PA_assisted_living_facilities.htm#assistance>
* A list of Assisted Living Facilities from the Pennsylvania Assisted Living Association: <https://pala.org/community-directory/>
* A great search tool from the state of NJ: <https://healthapps.state.nj.us/facilities/fsSetSearch.aspx?by=county>
* A search tool to find a continuing care retirement community, or CCRC: [www.retirement-living.com](http://www.retirement-living.com)

**Questions to Ask While Visiting a Continuing Care Retirement Community (CCRC):**

*General*

* Who is your executive director and how long have they been working here?
* Are you independently operated or owned by a parent company?
* How long have you been open for? Were you previously open under a different name?
* What kind of relationship does your community have with its surrounding neighborhood?

*Admissions*

* How many residents live in each level of care? Are you currently full to capacity?
* Can you outline the admissions process for me?
* How long is your waiting list?
* If you offer me an apartment and I am not ready to move, will I be bumped to the bottom of the waiting list?
* What happens if I need a higher level of care than I initially signed up for once I am called off of the waiting list?
* Who determines what level of care I am most appropriate for? What does that process look like?

*Financial*

* Am I buying or renting this apartment?
* If buying: who is responsible for re-sale? If renting: how long will I have to clear the apartment?
* Can you outline your schedule of fees/payment options for me?
* Is there a one-time admission, or community fee? Is it refundable?
* Will my monthly fee increase if I move to a higher level of care? (This is called a “fee-for-service” model, versus a “life-care model” where you pay more money up front, but the monthly fee never increases.)
* What is *not* included in my monthly fee? Do you have an ancillary fee chart that outlines additional costs I might incur?
* What happens if I run out of money, or spend down, while living in your community?
* Does your nursing care have Medicare and Medicaid certified beds?
* How much, on average, do your fees increase per year?
* How is your community funded? Is there financial information about your community I can look at?
* Is any part of my monthly fee tax deductible?
* If I am unable to manage my own finances, who will work with my family to ensure my community bills are getting paid?

*Medical*

* Who is your medical director? How often are they on site?
* What is your staffing schedule (ie: how many doctors, nurses, CNA’s, LPN’s, etc. are present) during a typical day shift, and during a typical night shift?
* Do patients in all levels of care have access to primary care on site? If not, is transportation provided to other doctors’ offices?
* What kinds of specialists do you have on site (ie: PT/OT, podiatry, dentistry, etc.)?
* If my personal care/medical needs increase while in Independent Living, who is involved in making the decision that it is time for me to move to a higher level of care?
* Am I permitted to hire a private duty aide if I would like 24/hr care? Do you have a relationship with a specific company, or may I bring in anyone with a license?
* If I need short-term rehabilitation, is that offered on site? Do I need to move to your skilled nursing community for its duration, or may I stay in my apartment?
* Are residents able to get hospice care on site? Do you have a relationship with a specific hospice organization?
* Is there any kind of medical care your skilled nursing facility is *not* able to handle?
* What hospital are residents typically taken to in case of an emergency?

*Quality of Life*

* How do you handle security? Do you have a security guard on staff? How often?
* Do you have a social worker on staff? Are they available to residents in any level of care?
* Can I see a copy of your activities calendar?
* Do you have ad hoc transportation available to take residents on errands?
* Can I see a copy of the dining room’s menu for the day/week/month?
* Is housecleaning and maintenance included in my monthly or community fee?
* What kind of input do residents have in your community? Is there a resident council?
* Are residents able to customize their rooms? Which items are residents *not* allowed to have in their rooms?
* Are residents allowed to have pets?
* Are residents allowed to have cars? If so, is there covered parking available?
* What kinds of religious services are offered at your community? How active are residents of XYZ faith?
* Is there a resident here who would be willing to speak to me about their experience at your community?
* Is it possible to do a trial stay for a few nights?

*Memory Care-Specific Questions*

* Upon move-in, will I be asked to participate in a care plan meeting with your staff?
* What kind of memory-care training does your staff undergo?
* What is your staff to resident ratio?
* What does a typical day look like for residents here?
* Are mealtime, bath time, and bedtime set on a specific schedule?
* What kinds of non-pharmacological interventions might you use with patients who are agitated or aggressive?
* Are there secure (locked) outdoor spaces in this section of the community?
* Do you run any support groups or family council groups for residents’ family members?
* Are there specific visiting hours?
* Who do I speak to with concerns about my loved one’s care?

You can also access Medicare’s Nursing Home Checklist here: <https://www.medicare.gov/sites/default/files/2019-10/NursingHomeChecklist.pdf>

**Resources for Advanced Directives:**

* You can create a free advanced directive on this website, which will walk you through the process step-by-step: [www.ourcarewishes.org](http://www.ourcarewishes.org)
* If you prefer a paper guide to go through, Five Wishes is an extremely comprehensive document. It costs $5 to order: <https://fivewishes.org/shop/order/product/five-wishes>

**Sources for More Information:**

* The Alzheimer’s Association: <https://www.alz.org/>
* The Alzheimer’s Foundation of America: <https://alzfdn.org/>
* The Association for Frontotemporal Degeneration: <https://www.theaftd.org/>
* The Lewy Body Dementia Association: <https://www.lbda.org/>
* National Aphasia Association: <https://www.aphasia.org/>
* The National Institute on Aging: <https://www.nia.nih.gov>
* Family Caregiver Alliance: [www.caregiver.org](http://www.caregiver.org)
* Caregiver Action Network: <https://caregiveraction.org/>