

If you are thinking about long term care options for you or a family member, there are many resources available to assist you in this process. We all want to live independently as long as possible, but there are times when you or your loved one might need assistance due to health or other needs. Learn about adult day care, geriatric assessment, home health care, palliative and hospice care, and more.



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## **Frequently Asked Questions About Palliative Care**

Planning for care during a serious illness can be challenging. Palliative care is an option that can help patients and their families. To learn more, explore answers to frequently asked questions about palliative care below.

Source

[National Institute on Aging](#)

Books & Guides

## **Finding a Good Fit: Tips on Hiring Rural Personal Assistants**

Learn how to find and hire a personal assistant that can meet your needs.

Source

[UM Rural Institute on Inclusive Communities](#)

Article

## **Geriatric Care Managers Advocate for Older Adults – and Their Caregivers**

Explore how Geriatric Care Managers can help older adults and their caregivers. These professionals, sometimes called aging life care managers, act as private advocates and guides for family members who want to ensure their loved one receives good care.

Source

[AARP](#)

Article

## **10 Tips for Finding the Right Home Care Agency**

If you are pursuing home care options for your family, explore these 10 valuable tips for making informed decisions when it comes to finding the perfect home care agency for your loved ones.

Source

[Today's Caregiver](#)

Article

## **How Continuing Care Retirement Communities Work**

Continuing care retirement communities, also known as CCRCs or life plan communities, are a long-term care option for older people who want to stay in the same place through different phases of the aging process.

Source

[AARP](#)

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## **Can I Get Paid to Be a Caregiver for a Family Member?**

There are programs to help alleviate the financial burden of family caregiving.

Source

[AARP](#)

Links

## **Nursing Home Inspect from Pro Publica**

Source

[Nursing Home Inspect from Pro Publica](#)

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## **What Is a Geriatric Care Manager?**

A geriatric care manager can help you and your family identify needs and find resources to meet you needs.

Source

[National Institute on Aging](#)

Links

## **Aging in Place: Your Home, Your Community, Your Choice**

Learn more about the essentials of a successful plan using the materials available on this web page. Topics covered include: housing, health and wellness, transportation, personal finance, and social connections and growth.

Source

[Aging in Place: Your Home, Your Community, Your Choice](#)

Article

# Adult Day Services and Respite ~ Fact Sheet

The ARCH National Respite Network and Resource Center fact sheet on Adult Day Services and Respite provides a primer on how Adult Day Services provide an option for respite for family caregivers.

Source

[ARCH National Respite Network and Resource Center](#)

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