



# *Family Care Connections, LLC*

## *ELDERCARE GUIDE*

### *FINDING AN ASSISTED LIVING FACILITY IN NEW YORK*



Contact us at:

901 Stewart Ave, Suite 230, Garden City, NY 11530

(516) 248-9323

224-44 Braddock Ave, Queens Village, NY 11428

(718) 470-6300

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

# FINDING AN ASSISTED LIVING FACILITY IN NY

## **FINDING AN ASSISTED LIVING FACILITY**

Individuals who are finding it difficult to live at home because of increased physical and/or cognitive difficulties may want to consider an assisted living facility as an alternate living arrangement. In order to determine if the assisted living facility is the appropriate Living environment a thorough physical and mental examination should be conducted to identify the individual's level of care need. This evaluation can also help determine the type of assistance that will be necessary in the assisted-living and whether the particular facility can accommodate such care needs. The evaluation may also provide helpful information about future care needs.

When exploring assisted-living Options it is also necessary to examine the financial situation of the prospective resident. What are the sources of income and what assets does the individual have? Can he or she afford the monthly fees and for how long? It also is prudent to examine the individual's estate plan and determine whether consideration has been made concerning who would step in for the resident in the event of incapacity with respect to financial management and healthcare decision making. This type of planning can be accomplished by executing a Durable Power of Attorney for financial management and a Healthcare Proxy/Living Will for healthcare decision making.

### **What Services Does the Assisted Living Facility Provide?**

In order to determine if the Assisted Living Facility (ALF) is appropriate, it is important to understand the kinds of services provided. The ALF generally provides the following services:

- 24-hour supervision
- Assistance and security
- Meals
- Help with activities of daily living including bathing dressing eating, toileting, house cleaning and laundry
- Medication management and monitoring healthcare management
- Monitoring and assistance with dementia programs
- Social activities and opportunities for community interaction and support

# FINDING AN ASSISTED LIVING FACILITY IN NY

## **Developing a Personal Care Plan**

In order to properly determine if the assisted living facility is the next appropriate housing option, it is necessary to assess the physical/mental needs of the individual as well as their social and emotional needs. This information will be vital to the development of a short-term and long-term care plan for the resident. This can be accomplished by developing a Personal Care Plan.

It is also necessary to determine the individual's personal goals and expectations as well as examining the financial requirements of the facility and the financial and income ability of the individual.

There should also be a review of all estate planning and contingency plans for the individual. Does the individual have a Durable Power of Attorney or Healthcare Proxy? Has the individual executed a Last Will & Testament and/or a Living Trust? Will the resident require Medicaid in the near future? Does the facility take Medicaid payments? Also, it is necessary to determine if there are any capacity or incompetency issues that must be factored into the decision-making process. This process can be complicated especially if the individual lacks insight into his or her physical and mental limitations. Professional evaluations may be appropriate and necessary. It may also be necessary to engage in short-term supportive and goal-oriented counseling in order to help the individual navigate the transition from home to the ALF.

The assisted living option is often designed to create an environment that is similar to a home life setting. However, it is often necessary to determine if the facility can meet the individual's current physical and mental health needs and whether the individual can receive increased care in the same facility if necessary. Some facilities have the flexibility and the professional services to accommodate individual care needs such as a decrease in mobility requiring the use of a walker or wheelchair. Other facilities are not equipped to make these types of accommodations. Likewise, some facilities have a separate unit for dementia residents. It is advisable to explore the availability of the care options with the facility. Continuity of care should be a major goal when searching for an appropriate ALF.

# FINDING AN ASSISTED LIVING FACILITY IN NY

## What to Look for in an Assisted Living Facility

When searching for an ALF there are many factors to consider. It is highly recommended that an on-site visit take place for all perspective assisted living facilities. Some of the criteria is set forth below:

- First, look at the appearance, cleanliness and organization, decor and maintenance of the facility. Does it feel comfortable and inviting?
- How old is the facility, who owns and manages it, what is the financial health/strength of the facility?
- What type of training does the staff have?
- What are the credentials of the staff members?
- What is the resident to staff ratio?
- Is there an opportunity to receive increased care within the facility, by whom, and what are the limitations, if any, to aging in place?
- Does the facility offer ALP, a Medicaid assisted living program?
- What is the availability of medical/primary healthcare treatment on site? Is there a doctor or nurse on duty at all times and is there an on-site practitioner?
- Take into account how the staff interacts with the residents. How do they respond to their needs?
- What types of social and religious activities are available in the assisted living facility and also in the neighborhood?
- Is there transportation to local houses of worship, libraries and cultural events?
- Is supportive counseling and/or spiritual support being offered in the assisted living facility?
- How does the food taste, what is the nutritional value?
- Who prepares the meals?
- Is there a staff dietician/nutritionist?
- What types of safety measures are being employed?
- What types of infectious disease controls are in place, and how are they enforced? Can you drop by without an appointment? Talk to the residents and their families?
- Finally, is the group of residents a good match for the perspective resident? How do they interact with each other? Would the prospective resident fit in?



## Family Care Connections, LLC

901 Stewart Avenue, Suite 230

Garden City, New York 11530

Tel: (516) 248-9323 / Fax: (516) 742-6070

Email: [FGD@FamilyCareConnections.com](mailto:FGD@FamilyCareConnections.com)

Dear Reader,

Thank you for taking the time to review the Family Care Connections Eldercare Guide. Please note the information contained in this publication is to be used for information and educational purposes only. This publication is not intended to provide legal, financial or healthcare advice to any one individual. The information should be used as a resource to supplement all professional advice. Do not rely on this publication solely when confronting the issues addressed in the publication. Rather, seek the advice of knowledgeable and reputable professionals who can advise and guide you regarding your particular needs and concerns.

We hope you have found this publication helpful and we invite your feedback. Please contact us with any questions, concerns or to set up an appointment.

---

Frank G. D'Angelo, J.D.  
Dir. of Eldercare Consulting, Medicaid  
& Medicare Eligibility Services

---

Dr. Ann Marie D'Angelo, PMHCNS-BC  
Dir. of Clinical Services, Advanced Practice Nurse  
Care Management & Geriatric Care Management

*Elder Care Consulting • Medicaid Planning & Applications  
Advanced Practice Nurse Care Management • Senior Living Planning & Counseling*

Queens Village Office: 224-44 Braddock Ave., Queens Village, NY 11428  
Tel: (718) 776-7475 Fax: (718) 739-9250

# FINDING AN ASSISTED LIVING FACILITY IN NY

## **Summary**

The assisted living facility can be a viable option for individuals experiencing some of the many challenging physical and mental issues associated with aging. The assisted living facility may be particularly appropriate for an individual who is having increased difficulty as a result of health issues and is having difficulty meeting these health challenges at home. A thorough evaluation to determine the scope of the difficulty is highly recommended. These types of evaluations can be done by an Advanced Practice Healthcare Practitioner. In addition, a thorough evaluation of the individual's financial situation is also necessary in order to determine how the monthly rent will be paid. It may also be necessary to have a prospective resident engage in short-term supportive and goal-oriented counseling in order to ease the transition from home to the Assisted Living Facility.

For further information on finding an appropriate assisted living or determining if the assisted-living facility is the right option, contact Dr. Ann Marie D'Angelo, Doctor of Nursing Practice or Frank D'Angelo, JD at Family Care Connections LLC. They can assist you with the evaluations, determine if the assisted living facility is the appropriate housing option and also help find the assisted living facility that is right for you and your family member.

For more information call: 516-248-9323.



# *Family Care Connections, LLC*

## *ABOUT US*

**Family Care Connections, LLC**, founded, owned and operated by Dr. Ann Marie D'Angelo and Frank G. D'Angelo, J.D., provides Senior Living Planning, Eldercare & Medicaid Consulting Services, as well as Comprehensive Health Care Management including PRI/SCREEN, Nursing Home Placement, Advanced Practice Nurse Care Management and Geriatric Care Management, Supportive Counseling and Advocacy. We also provide educational information in the context of seminars and written publications. The firm has offices in Garden City and New York City. In addition, home visits, as well as hospital and nursing home consultations may be arranged by appointment.

**Dr. Ann Marie D'Angelo**, is a Doctor of Nursing Practice and a Board-Certified Clinical Nurse Specialist with expertise in both geriatrics and psychiatric mental health. She received her Doctorate in Nursing Practice from Chatham University (2016), Masters in Psychiatric Mental Health Nursing from Columbia University (1990), Bachelor of Science in Nursing from Adelphi University (1987), and Associate Degree in Nursing from Nassau Community College (1980)

Dr. Ann Marie has been in private practice for over 30 years. She is an adjunct professor at Adelphi University in Garden City, New York. She has lectured and published in the areas of geriatric nursing, nurse care management, psychiatric/mental health and aging at home.

**Frank G. D'Angelo, J.D.**, is a graduate of Brooklyn Law School Juris Doctor (1985), and Brooklyn College CUNY BS in Psychology (1981). For 30 years Frank was a practicing attorney in New York State concentrating in Elderlaw, Trusts and Estates, Estate Planning and Real Estate. Frank is Co-Founder of Family Care Connections, LLC and now serves full time as Director of Medicaid, Medicare & Eldercare Consulting Services. A licensed Real Estate Broker, he also coordinates on issues involving Housing Options for Aging. Frank has lectured and published extensively on the many challenging aspects of eldercare and aging.

Call for our complete list of free information brochures.

Contact us at:

901 Stewart Ave, Suite 230, Garden City, NY 11530 (516) 248-9323

224-44 Braddock Ave, Queens Village, NY 11428 (718) 470-6300

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

