

continuing care communities

A variety of housing options providing different levels of assistance on same campus. Entry fee is usually required.

congregate housing

Group situation – person may have own bedroom but shares living areas with other elderly. Various levels of assistance provided, depending on licensure.

Sometimes people think that taking advantage of community programs and services is an admission of dependence.

On the contrary, wise use of available resources can allow us or our family members to continue living independent lives in spite of the physical changes that come with aging.

For specific information about local resources, contact your county department on aging, county social services, or local hospital.

A federally funded phone service, the **ELDERCARE LOCATOR** (800-677-1116) can provide information about local contacts. Aspirus Employee Assistance Services is also able to help.

Help is available

Aspirus Employee Assistance Services has counselors available to help you and your family. You can call the confidential helpline 24 hours a day at:

800.236.4457
TDD# 715.845.4928

Remember,
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We're living longer, and we're aging well. Most of us remain healthy, active, and independent into our seventies and eighties. However, as more Americans reach their eighties, the number needing assistance with daily living is increasing, and so are the responsibilities of those who care for them.

Many services have been developed in recent years to support the needs of older Americans. While there may be shortages of certain resources in some communities, adequate help can often be located to allow continued independent living.

Services for the elderly range from recreation and education programs to nutrition, transportation and home healthcare to alternate living situations.

Specific types of services may include:

home health services

- **Nursing Care** - For in-home skilled nursing, family education, communication with physician, and coordination of healthcare services.
- **Home Health Aide** - For assistance with personal care, meal preparation, and to monitor nutrition.
- **Occupational Therapist** - For assessment of physical and mental limitations and of the home environment.
- **Physical Therapist** - For therapy to increase mobility and for education of patient and family.
- **Speech Therapist** - For therapy to regain or improve speech.
- **Nutritionist** - For education about special diets.

homemaker services

For assistance with daily living tasks such as shopping, cooking and cleaning.

nutrition services

- **Home Delivered Meals** - Hot meals once or twice a weekday delivered to the home. Special diets may be available.
- **Congregate Meal Programs** - Nutritious meals in group settings, usually at noon. Transportation may be provided.
- **Grocery Delivery** - Some stores may deliver to elderly for a fee.

Sometimes an alternate living situation perhaps in combination with homecare services will be needed in order to maintain independence. Alternate housing options include:

retirement communities

Designed with many recreational and social opportunities.

homesharing

Sharing home with a younger person who provides homemaker services in place of rent.

senior housing apartments

May be government subsidized with rent based on income.