

**When it's time  
to move your  
loved-one to a facility –  
there are two  
programs that  
can help:**



***The Snohomish County  
Long-Term Care  
Ombudsman and the  
Family Caregiver  
Resource Line***

There may be a point in time, as a family caregiver, that you face the decision to move your loved-one into a residential setting - outside the home. The “facility” may be an adult family home, assisted living or a nursing home. The facility you choose will depend on the level of care your loved-one needs now, and in the future. It may be for just a short-time or long-term.

Many family caregivers agree that the decision to move a loved-one to a facility is the hardest...for many reasons. A promise may have been made to always take care of them - and now it is impossible to meet all of their care needs. Another reason why the decision is so hard is that it is a “forced choice.” *You know the decision needs to be made, and soon.* But do you have enough information to make the best decisions?

There are many questions that need answers. For example: What choices are available? Is there a list? What services do these facilities provide? As I check out these places, what questions should I be asking? What should I look for in a contract? (Contracts with facilities are not standardized, but should follow guidelines given to them by the licenser - the State of Washington.) How much will it cost?

Choosing the right facility for your loved-one is more than understanding the fees; it is about having your loved-one receive quality care and continued enjoyment of quality of life. The decision, in short, is a big deal.

**Two programs are available that can help you through this process. The first is the Family Caregiver Resource Line: 425-290-1240, or, 1-800-442-2024; TDD: 425-347-7997.** The professional staff can provide lists of facilities and explain general options. They also have a variety of publications that can help you become a better “consumer” to make better choices.

**The second program is the Long-Term Care (LTC) Ombudsman: 425-388-7393.** The professional staff can offer advice on how to approach and research facilities; a variety of publications are also available through them as well. More importantly, though, the LTC Ombudsman concentrates on educating family members and residents regarding resident rights once the loved-one moves into a facility. The Ombudsmen can help resolve conflicts with other residents, and between residents and the facility owner. They can also help you, the family caregiver, to learn about a new caregiver role...that of your loved-one’s advocate.

Your role as a caregiver will change when your loved-one lives in a facility. You will provide less personal care, but your involvement does not end. The intention of placing your loved-one in a facility is the desire to continue a high quality of care. There is a special role a family member can now provide; as an *advocate*, you can directly influence the quality of life your loved-one receives as well.