

# Exploring Next Steps in Care



## Signs You May Need More Help:

- Staying active or social is difficult
- Treatments are confusing or hard to keep up with
- Daily tasks like getting out of bed or bathing are no longer safe alone
- You need help getting to appointments or errands
- The care partner feels worn down or has health concerns
- There are safety concerns, such as falls, getting lost or medication mix-ups
- It's hard to move safely around your home

Parkinson's disease (PD) usually progresses slowly over time. As needs increase, different types of care can help support daily life.

## When is it time to get more help?

Talk regularly with loved ones and your care team. Share what is going well, what is becoming more difficult and any safety concerns. You may need more help if your symptoms begin to affect safety or daily activities, or if care partners feel overwhelmed. The goal is to match your needs with the right amount of care.

## What care options are available?

Support can take place in different settings as needs change. The tables below show services that support living at home and housing with added support.

### Home-Based Support

<b>Care Partners, Family &amp; Friends</b>	May help with household tasks, personal care, medications, driving and support
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<b>Meal &amp; Transportation Services</b>	Meal or grocery delivery, rides to appointments, shopping or social activities
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<b>Personal Care Aide, Homemaker &amp; Companion Care</b>	Help with errands, housekeeping, daily living activities like dressing and bathing, medication reminders, meal preparation and companionship
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<b>Short-Term Skilled Care</b>	Nursing care or therapy at home for a medical need, often for a few weeks after an illness or injury
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<b>Adult Day Programs</b>	Supervised daytime programs with meals, activities and care outside the home
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<b>Respite Care in Residential Settings</b>	Short stays in a care facility for temporary care
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## Resources

### Read, Watch & Listen:

- [Parkinson.org/Library](https://www.parkinson.org/Library) (search "assisted" or "skilled")

### Learn More:

Aging in Place

- [Parkinson.org/HomeSafety](https://www.parkinson.org/HomeSafety)

Getting Outside Help

- [Parkinson.org/OutsideHelp](https://www.parkinson.org/OutsideHelp)

Aging Life Care Experts

- [AgingLifeCare.org](https://www.AgingLifeCare.org)

Area Agency on Aging (for local care options)

- [ElderCare.gov](https://www.ElderCare.gov)  
1-800-677-1116

## Helpline

For answers to your Parkinson's questions, contact our Helpline at **1-800-473-4636** or [Helpline@Parkinson.org](mailto:Helpline@Parkinson.org).

**We are here for you.**

## Housing Options with Added Support

<b>Independent Living</b>	Private housing with meals, activities and housekeeping
<b>Assisted Living</b>	Housing with help for daily tasks, medications, meals and activities
<b>Residential Care Homes</b>	Small home settings with 24/7 care staff and on-call nursing
<b>Skilled Nursing</b>	24/7 nursing care for serious medical needs or rehabilitation
<b>Continuing Care Retirement Community</b>	A range of living options with increasing levels of care in one place
<b>Memory Care</b>	Support for memory and thinking changes, often within assisted living or skilled nursing

## Parkinson's Care

Look for care teams with Parkinson's experience. Ask about staff training, services and support for daily needs.

The **Parkinson's Foundation Community Partners in Parkinson's Care** program trains care staff to support people living with PD. Contact the Helpline for participating organizations and to learn about other local resources.

## Paying for Care

Medicare and private insurance do not cover many long-term care costs. Medicaid, Veterans benefits or long-term care insurance may help. An elder law attorney or financial planner can help you understand your options. To find a certified elder law attorney, visit [Naela.org](https://www.Naela.org) or contact your local Area Agency on Aging.



## Tips for Finding Local Care Resources

- **Ask your support network for recommendations**, including your family, friends, support group and care team.
- **Research care options.** Check references and reviews. Arrange tours or interviews and bring someone with you.
- **Rely on trusted organizations**, like the Parkinson's Foundation and your local Area Agency on Aging.