



# Elder Care Resource & Referral

## Horizon Health's Elder Care Resource & Referral provide resources and referrals that save you time and help give you peace of mind.

More and more adults are becoming caregivers to their parents - a role reversal that few people are adequately prepared to handle. Employers understand that elder care responsibilities exist, so they've provided elder care resource and referral services. Horizon Health's elder care services provide access to answers you need for your elder care issues.

**HOW DOES ELDER CARE RESOURCE & REFERRAL WORK?** Any time of day or night, you have access to elder care consultation and referral services either by calling the toll-free number or by logging on to the web site listed below.

### WHAT DOES THE SERVICE PROVIDE?

Are you looking for adult day care or skilled nursing facilities? Need information on home medical equipment or senior centers? Whatever your elder care issues or needs, Horizon Health provides the information.

Online self-search options:

**Home Health Care** includes a wide range of services designed to help frail, elderly or disabled persons receive certain types of help in the home setting. These services usually focus on support services like bathing, toileting, meal preparation, light housekeeping, shopping or errand-running.

**Residential Facilities** provide home-like settings and some assistance with activities of daily living. Resource & Referral services include assisted living facilities, adult family care homes, continuing care communities and senior housing.

**Nursing Homes** provide the most supportive care, intended for individuals with serious health situations that prevent them from living at home or remaining in a hospital setting.

Booklets, tip sheets, and related information are provided

Web access to up-to-date articles on aging and life course planning

**"Elder Care Resource & Referral Services provided living arrangement options available for my elderly Mom. It helped me to make the right choice for both of us."**  
- Covered Employee

### WHAT KIND OF ASSISTANCE IS AVAILABLE?

Elder care services include a wide spectrum of elder care issues:

- Skilled Nursing Facilities
- Volunteer Organizations
- Independent Living Centers
- Acute/Post-Acute Rehabilitation Programs
- Home Health Agencies

- Assisted Living Facilities
- Retirement Communities
- Community Services
- Chore & Companion Services
- Hospice Care

- Home Medical Equipment
- Adult Day Care
- Community Services
- Alzheimer's Support
- Geriatric Care Management

