

There comes a time when the difficult conversation of moving our parents and loved ones to be closer to us must start. This decision may be due to a want to have our parents closer to our families, to have the ability to more closely monitor Mom and Dad's everyday living skills, or the need to provide adequate care for our elderly loved ones. ***One out of every four people is a caregiver for a family member or friend.*** *In the absence of a spouse who is able to provide care, a daughter or daughter in law is most likely to assume the role of caregiver.* Whatever the instance, there are numerous factors to be discussed in making this decision. Moves can be traumatic for anyone. We hope this pamphlet will ease any trauma by providing issues to discuss and resources to contact.

This list of issues is by no means all-inclusive. Every situation will be different and therefore; must be looked at on a personal level. Take into consideration all the current services a person is receiving or could be receiving if needed. Now compare them to what is available in the area you are interested in moving your loved one to. Comparing costs is an important thing to do, but should not be the only factor that effects the decision. Emotional well-being is an important aspect of keeping us healthy. Take into effect the toll a move will have on ALL parties affected. Use this pamphlet to your advantage, and remember "there are no stupid questions". Please do not hesitate to contact your local Agency on Aging for information.

SeniorNavigator.com is a website that provides information on a number of services available in the state of Virginia. Need to search for local businesses or articles on aging, chances are you'll find it through SeniorNavigator.com.



ISSUES TO CONSIDER  
WHEN MOVING  
A LOVED ONE  
TO THE FREDERICKSBURG  
VIRGINIA AREA

RAPPAHANNOCK AREA AGENCY ON AGING, INC. d/b/a  
Healthy Generations Area Agency on Aging

460 LENDALL LANE  
FREDERICKSBURG, VA 22405

540-371-3375

Issue	Information Sources	Fredericksburg Area	Current Area/State
<b>Income:</b> Will income remain the same when move is complete? Consider food stamps, SLMB and QMB (Partial Medicaid) benefits, fuel assistance, etc. that may or may not transfer.	Benefits Coordinator, Local Social Services, Social Security.		
<b>Housing Costs:</b> Compare what type of housing the person considering a move is currently living in and what is available in this area. Are you going to buy or rent? Is it rent subsidized? Are utilities included? What about maintenance? Are pets allowed? Are you considering an Assisted Living Facility?	Individual Housing Complexes, Real Estate Agents, Local Area Agency on Aging (AAA)		
<b>Health Care/Health Insurance:</b> Can you find doctors and/or specialists to treat you? Will your doctor accept Medicare/Medicaid? Will current insurance transfer to new area? Will you be qualified for Medicaid (the State Health Insurance Program for the Low-Income and Disabled)?	Benefits Coordinator, Local Social Services, Doctor's Offices, AAA.		
<b>Prescription Drug Coverage/Cost:</b> Do you currently have prescription drug coverage? Will it transfer with you? Are there programs in the new area to cover your prescription drugs at an affordable level?	Local Social Services, Medicare, MAP, Private Prescription Discount Cards, AAA.		
<b>Transportation:</b> Is transportation easily found in your area? How will you get to church, the beauty parlor or barbershop, grocery store and doctors appointments?	Fred Transportation System, Taxi Services, AAA.		
<b>Activities:</b> Do various activities exist that you will be able to participant in? Are there senior centers compatible with your activity level? Are you looking for an adult day care facility? Will the cost of such programs be within your budget?	AAA, Local Senior Centers, AARP, Adult Day Care Facilities.		
<b>Care Costs:</b> Are you receiving personal care and/or help with housework and errands currently? Will this continue? Costs?	AAA, In-Home Non-Medical Companies, Home Health Agencies.		
<b>Caregiver Effect:</b> <i>Prolonged caregiving can adversely affect one's physical and psychological health, current and future employment status and earning capability, ability to balance the needs of older parents and younger family members, and the ability to meet personal needs.</i> How will the move effect the future caregiver? Will he/she have time and energy to meet the needs of the loved one? Does the caregiver have a support system in place, someone to assist in the daily needs or one who can be trusted when the caregiver goes away for job training or takes a vacation?	AAA, Local Newspapers for Support Groups, In-Home Non-Medical Companies, Home Health Agencies.		

Information in *ITALIC* taken from the Administration on Aging website

This pamphlet is designed to be used with the Rappahannock Area Agency on Aging's [Senior Resource Directory](#). This directory contains names and phone numbers of businesses and agencies that may be helpful in answering the above questions. If you do not have a copy please call RAAA and one can be mailed to you.