

**Taking Charge: Good Medical Care for the Elderly
and How to Get It**

**By: Jeanne M. Hannah
and Joseph H. Friedman, MD**

APPENDIX A

**Old Mission Press
P.O. Box 9
Old Mission, Michigan 49673
231-223-7864 (tel)
231-223-7868 (fax)
jeannemhannah@charter.net**

For Ordering Information see

<http://goodmedicalcare.com/Purchase.htm>

To Preview Substantial portions of the book see

<http://goodmedicalcare.com>

Appendices



Appendix A Choosing a Nursing Home or Other Long-Term Care Alternative

Below are many of the fine resources available to assist you in choosing a nursing home. Most are free.

Administration on Aging: www.aoa.dhhs.gov/

Call (800) 677-1116 to find local services for older Americans.

Your local area agency on aging has free guides and information about such care options as adult foster care homes, adult day care, home health services, assisted living facilities, and long-term care facilities. Additionally, the Medicare/Medicaid options that are available to help your loved one stay in her own home are coordinated through that office.

Find this office in your local telephone directory or call the toll free number above.

U.S. Government Medicare Website: www.medicare.gov

This Medicare website contains a free guide to choosing a nursing home, an interactive site where you can compare nursing homes in your area, a checklist for you to use when touring nursing homes, and information on alternatives to nursing home care.

Medicaid information concerning long-term care services in the United States is found at <http://www.cms.hhs.gov/home/medicaid.asp>

Medicare: <http://www.medicare.gov/NHCompare/Home.asp>

This is the federal government's official nursing home guide page. It offers pamphlets on how to choose a nursing home and, for the first time, the actual results of nursing home inspections ("surveys") for every Medicare/Medicaid certified nursing home in the country. The "tags" and the names of the problems cited ("deficiencies") and the seriousness ("scope and severity") are posted here. However, the actual text of the citations is not available.

Appendices

See also http://www.la4seniors.com/nursing_homes.htm

National Citizens' Coalition for Nursing Home Reform:

www.nccnhr.org/public/50_156_434.CFM

This is the website for the leading citizen's consumer watchdog for long-term care facilities. Many fine articles and fact sheets are available, as well as many links to other websites of interest to long-term care users. News about pending legislation and other topics of interest are prolific.

State Ombudsmen: www.nccnhr.org/static_pages/ombudsmen_list.cfm

You will find all contact information here for your state's nursing home ombudsmen.

Citizen's Groups Supporting Nursing Home Reform:

www.nccnhr.org/static_pages/Citizens_groups_list.cfm

The NCCNHR website has links to citizens' advocacy groups in all 50 states. Many of these groups have on-line information regarding how to choose a nursing home.

Citizens for Better Care of Michigan:

The Citizens for Better Care of Michigan has numerous helpful booklets available on all facets of nursing home care. Many are available free online at www.cbcmi.org/publications.htm

Others may be ordered and the cost is nominal (\$2.00 to \$3.00). "How to Choose a Nursing Home" (\$3.00) is particularly helpful. Go to www.cbcmi.org/publications/nhlook.htm to order this.

A video version is available for \$9.00. Go to www.cbcmi.org/publications/video.htm to order this.