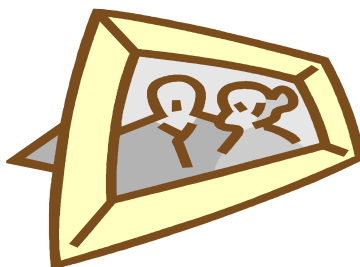


# Elder Care Services



## Relocating Your Elders to Virginia

### Phase I – Gather Information

- What is their health insurance and how will it transfer to VA ?
- What is their financial status, ready funds to use for deposits, financial POA, banking co-signatures?
- What level of care/living situation is appropriate based on their need and funding: independent living, senior apartment, assisted living, nursing facility?
- Visit the various facilities or living situations under consideration, have elders visit if possible, make deposit on unit and establish estimated move date.
- If Virginia Medicaid is needed, meet with your local DSS for further information on Virginia eligibility issues.
- Communicate the move date with all pertinent parties: family, their neighbors, church, etc if necessary.
- Make plane reservations if necessary to fly. Other transportation arrangements. Make moving van reservations if necessary.
- Establish HIPAA or ROI with all their MDs, dentist, eye doctor and let them know move expected in what time frame, any considerations you should know about medically?
- Establish a “new patient” MD appointment for 1-2 weeks after arrival.
- Investigate home based care options if necessary re services, availability, restrictions, costs.
- Investigate medical equipment or house modification needs.
- What activities might the elders enjoy: Senior Center, Meal Site, exercise/fitness, church – investigate these ahead of time. What costs are associated?
- If pets are involved, ensure their shots are up to date, records gathered for them and travel plans investigated. Planes will only allow 1-2 animals/flight total if at all.
- Talk with your employer about upcoming plans and your need to plan an absence (FMLA may be appropriate).



## **Phase II – Making the Move (1-2 weeks before)**

- Notify the MD in home state of the plan to move soon and gather medical records, names, numbers of all physicians, specialists, dentists, podiatrists, vets, etc. Gather X-rays, CAT scan results, lab info. Have it mailed to you so you can take it to the MDs at the first appointments.
- Have 2-3 months worth of meds filled and ready for the move.
- Confirm move in date with facility.
- Confirm start date for home based services.
- Order any medical equipment for delivery.
- Confirm plane and/or moving van reservations.
- Set up appointment with elder attorney if necessary.
- Take 1-2 weeks off work as a minimum under FMLA to help with the move, calls, appointments, paperwork, etc.
- Make list of expected bills.
- Notify post office and local friends of change of address and make or buy some change of address notices to include in mailings.
- Have old newspaper changed to deliver by mail if desired.

## **Phase III – Settling In – (first 1-2 weeks here and while you are on leave)**

- Attend the MD/dentist appts with your elder and establish HIPAA or ROI forms, hand over old medical records and ensure communication, goals and expectations established between you, the elder and the MD. Get scripts for upcoming meds.
- Turn in scripts and establish record with a local pharmacy.
- Visit some of the various social options with your elder.
- Get home based services started.
- Set up files for your elder's affairs.
- Build relationships with care providers.
- See a Virginia elder attorney to ensure legal paperwork is up to date for VA.
- Send thank you notes accordingly.
- Communicate with your employer once or twice during your absence to let her/him know how things are going and that you are still thinking about and connected to your job.

### **Other Resources:**

- **Jefferson Area Board on Aging** - 817-5222  
Joyce Gentry – Information & Referral Resources & VICAP Insurance Specialist
- **Albemarle County Department of Social Services/Medicaid** - 972-4010
- **Charlottesville City Department of Social Services/Medicaid** - 970-3400