



CareOptions provides everything from costs of care in your area, hospital quality of care ratings, care facility background info and ratings, physician directories, Advance Directives and Care-Alert emergency notifications, to a full library of everyday health topics and solutions important to your entire family. Please scroll through...

CARE PLANNING & RESOURCES



WellCheck6

Keep track of the wellbeing of family members – even if they live across the country – to detect potential health and safety issues before they become serious and hard to manage. [Click here for a brochure.](#)



Care-Alert

Create a Care-Alert® Emergency Identification Form and Card for your entire family. Protect your family by making critical medical and contact information available to those who need to know.



Advance Directives

Easily create step-by-step, state-specific documents such as a Living Will and Power of Attorney for Health Care in only 15 minutes. Guide your family and medical professionals in the event you are unable to give consent for treatments or procedures



Physicians

Search for a physician anywhere in the country. Searches can be done by name, geography and specialty. Obtain address, contact information, specialty, gender, AMA membership designation, medical school and residency training and information on many physicians.

To use any of these services go to www.CareOptions.net and enter the Key Code that's on the accompanying email.



Hospitals & Clinics

Search for hospitals and a variety of medical facilities anywhere in the country. Search by zip code or city and state. Search results yield address, contact information, facility type, services provided and eligibility to participate in Medicare and Medicaid.



Care Facilities & Service Providers

Prevent the wrong selection by using our quality evaluation resources. Search nationwide for health care providers offering long- and short-term care (e.g., nursing homes, home health, hospices). Search by zip code or city and state and facility type. Search results yield location, contact information, services offered and quality of care (for nursing homes).



Costs of Care

This unique program helps with financial planning for healthcare. It enables you to estimate up-to-date long-term care costs – nursing home, home health care, assisted living and others – anywhere in the country. Predict future costs based on inflation factors, and estimate the amount of insurance or investments needed to fund the care selected.



Reduced Work - Lost Income

This is an excellent tool to estimate your immediate and long-term personal financial losses if you find it necessary to reduce your work schedule for any reason, including taking care of a family member or friend.



Disability - Lost Income

A useful tool to estimate your personal financial losses if you find it necessary to quit work if you become disabled.



Quit Work - Lost Income

A valuable tool to estimate your immediate and long-term personal financial losses if you find it necessary to quit work.

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Create a Care Plan

Use this interactive, intuitive tool to create a care guide which includes: evaluating physical ability, cognitive functioning and care needs; using a searchable nationwide database to locate health care providers; and identifying articles and information about how to obtain, pay for and provide care. Sharing your findings with siblings will prevent family conflicts based on varying opinions.



Medical Resource Center

Need to find out about a particular health condition and/or treatment? This medical reference system provides information on literally thousands of health-related topics organized by category (i.e., women's health, pediatrics, orthopedics, medications, senior health, cardiology, adult health, and more).



Adult Health Advisor

Organized alphabetically for easy use, check out a multitude of health conditions and treatments typical for adults. Illustrations and diagrams help with early detection and understanding a condition and/or treatment.



Women's Health Advisor

Locate a multitude of diagnoses, conditions and treatments related to women's health. Organized alphabetically for easy use. Illustrations and diagrams are available along with Spanish translation in some instances. Links to related topics within the Women's Health Advisor are also available.



Eye Advisor

Catch the warning signs early. Research a multitude of health conditions and treatments related to eye care. Illustrations and diagrams are available to assist you in understanding a condition and/or treatment.



Medication Advisor

Check your medications for compatibility and side effects. Organized alphabetically for easy use, look up thousands of medications. Learn about: what the drug is used for, side effects, generic versions, and what your doctor should know before prescribing it for you.

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Sports Medicine Advisor

Organized alphabetically for easy use, look up a multitude of sports-related injuries and diagnoses. Illustrations and diagrams are available along with Spanish translation in some instances. Suggested exercises are offered for rehabilitation and prevention of many injuries.



Senior Health Advisor

Find information on a multitude of diagnoses, conditions and treatments related to senior health. Organized alphabetically for easy use. Illustrations and diagrams are available along with Spanish translation in some instances. Links to related topics within the Senior Health Advisor are available.



Pediatric Health Advisor

Learn about a multitude of diagnoses and conditions related to children's health. Illustrations and diagrams are available along with Spanish translation in some instances. Links to related topics within the Pediatric Health Advisor are available.



Pet Care

Research studies have shown that pets have a significant, positive impact on our wellness and health. Learn about all the ways our pets contribute to our health and the quality of our lives. Get information about pet sitting and kennel services and access links to other pet resources.



Pet Boarding

Save time trying to accommodate your pet. Learn about boarding your pet at a kennel or having a pet sitter come to your home. Link to a searchable database of pet sitters in your area.

AGING RESOURCES



Caregiver Agreement

Avoid misunderstandings - a Caregiver Agreement is a legal contract between a paid giver of care and a person needing care in their home. Get all the information you need to create your own and even view a sample agreement.

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Conversations about Caring for Elders

A series of eight articles written from the perspective of someone in “The Sandwich Generation.” Practical, personal guidance for a variety of issues related to dealing with and caring for aging parents or loved ones.



Concerns for Caregivers

Twenty-two feature articles written on a variety of topics related to elder care – from guidance on end-of-life decisions to numerous issues related to caregiving.



Q & A for delicate discussions

Being a parent to your parents can present you with difficult situations requiring delicate discussions. Written and in a Q & A format, 11 different topics are covered providing practical guidance in caring for and dealing with an aging parent.



Professional Care Managers

Professional Care Managers (PCM) provide guidance on many issues related to caregiving for a loved one. Search for a PCM nationwide. Search by zip code or city and state. Search results yield contact information, professional designations and practice specialties.



Public Senior Services

Search for government agencies and private nonprofit agencies nationwide that provide education, advocacy, support, and a variety of low-cost and no-cost services to people with short-term and long-term disabilities. Search results yield location, contact information and agency type.



Certified Elder Law Attorneys

Search for a Certified Elder Law Attorney (CELA). A CELA has demonstrated experience and proficiency in handling matters related to legal issues confronting the elderly and their families. Search by zip code or city and state. Search results yield location and contact information.

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EARLY DETECTION & PREVENTION



Diabetes Risk Assessment

Are you at risk for Type 2 Diabetes? Diabetes is becoming one of the most prominent health issues today, and can have devastating effects. Take this brief, yet highly predictive assessment to find out your risk and what you can do to reduce it.



Home Safety Risk Assessment

How safe is your home or the home of a loved one from accidents or falls? Complete this 15-question assessment tool to learn where risks exist in your home. After completion of the questionnaire, you'll receive a home safety score with recommendations about making your home safer.



Functional Assessment

This assessment focuses on Activities of Daily Living (ADLs) and Instrumental Activities of Daily Living (IADLs). An evaluation of the responses guides you in discussions with professionals and the care needed.



Cognitive Assessment

A 24-question assessment tool designed to evaluate someone's cognitive functioning (memory, attention span, reasoning, judgment and awareness). An evaluation of the responses is provided. A complete medical evaluation is recommended if cognitive impairment is suspected.



Depression Assessment

Depression affects millions of Americans. This 15-question assessment tool is designed to evaluate if someone is exhibiting signs and symptoms of depression. An evaluation of the responses is provided. A professional evaluation is recommended if depression is suspected



Anxiety Disorder Assessment

Millions suffer from an anxiety disorder. This 14-question, multiple choice assessment tool is designed to evaluate if someone is exhibiting signs of an anxiety disorder. An evaluation of the responses is provided. A professional evaluation is recommended if an anxiety disorder is suspected.

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Alcohol Assessment

Alcoholism is a prevalent disease that affects millions of people. This simple four-question assessment tool identifies potential alcohol issues. An evaluation of the responses is provided. A complete medical evaluation is recommended if alcohol abuse is suspected.

ADDITIONAL RESOURCES



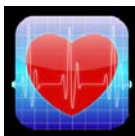
Aging Assist Technologies

What assistive technologies, services and products are available to permit seniors to stay in their home as long as safely possible? This blog assesses industry trends and provides analysis and guidance about technology, product and service offerings designed to enable seniors to remain in their home.



Healthcare Library

Find articles written exclusively for CareOptions about a multitude of healthcare topics, including reasons for care, where care is delivered, and checklists to choose a care provider and how to stay healthy and independent.



Cardiology Advisor

Check out a multitude of cardiology diagnoses, conditions and treatments. Illustrations and diagrams are available along with Spanish translation in some instances. Links to related topics within the Cardiology Advisor are also available.



Weight Loss Blog

Have you tried every diet and diet gimmick with little success? Get practical advice and tips about things that really work concerning dieting and fitness. Written in a humorous and engaging style, get book reviews, exercise tips, healthy recipes and inspirational messages designed to motivate.

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Exercise Blog

A fitness blog dedicated to assisting everyone in achieving their optimum fitness level through proper nutrition and exercise. Here you can find tips, links, product reviews and more related to exercise, nutrition, injury prevention and rehabilitation, and health and wellness.



Caregivers Blog

Are you a caregiver to a loved one? This is a resource for educating, empowering and energizing family caregivers. A community gathering place, it offers free support services, resources and programs to assist in taking care of a loved one with a memory disorder or any progressive or chronic disease.



Brain Fitness

Exercise your brain with this scientifically-based and validated series of brain games. This award-winning brain fitness program consists of thousands of hours of fun and challenging games designed by a leading neurologist. Improve your memory, concentration, attention and confidence.

And more...



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