

# Website

[ageModern.com](http://ageModern.com)



Arranging senior care can be **complicated.**  
Not anymore...  
We help you get your life back.

*My mom has been leaving the stove on. What if she isn't safe at home anymore?*

**WE'LL WALK YOU THROUGH IT. FOR FREE.**

We've already done the legwork for you. Follow our 10 simple steps and come away with a free senior care roadmap tailored exactly to you. It's a rich resource that will show you how to arrange the best senior care for your loved one, step by step. And it's both free and **private**. Or simply search providers. It's up to you.



[Get Roadmap >](#)

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**CONTACT**

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 Northern CA: 650.243.3434  
 Southern CA: 323.275.9292  
 Fax: 925.401.7515  
  
 1990 North California Blvd.  
 8th Floor  
 Walnut Creek CA 94596  
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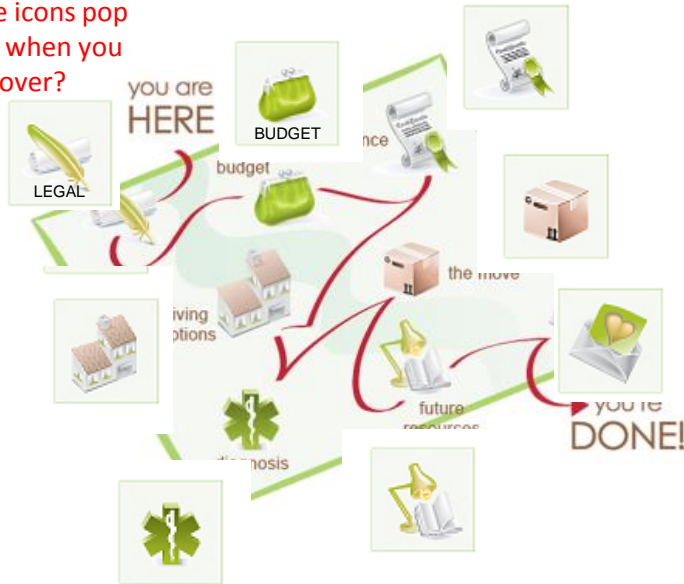
# Arranging senior care can be complicated. Not anymore... We help you get your life back.

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Can you make the icons pop up when you hover?



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## CREATE YOUR OWN ROADMAP

Don't want to spend weeks researching the most suitable types of elder care facilities, locating contact information for the right kinds of medical practices, and identifying what legal paperwork and insurance you may need—only to discover you've barely gotten your feet wet?  
We can't blame you!





Your senior care roadmap will contain information about the items you check below.

### Legal

It's best to start making decisions about legal, healthcare, and financial matters early. Your loved one can share her wishes by filling out legal instruments with the help of an elder law practitioner. It needn't take long.

**This is very important!** Without the proper paperwork, you will not be able to assist your loved one or advocate for them.

#### I need information about:

- Tell me about all three items below 
- Durable power of attorney for finance 
- Advanced healthcare directive / living will 
- Wills / living trusts 

### Financial

"How will we pay for this?" The costs of senior care can weigh on the minds of family caregivers. Just knowing where you stand, though, can lend you much-needed peace of mind. Feel free to estimate.

#### Consider the following when calculating a budget for care:





Pensions	\$ <input type="text"/>	
Social security and related benefits:	\$ <input type="text"/>	
Veteran's benefits	\$ <input type="text"/>	
Long term care insurance benefits	\$ <input type="text"/>	
Other (rental income, stocks, etc.)	\$ <input type="text"/>	
<b>My monthly budget is:</b>	\$ <input type="text"/>	

Do not include any financial providers in my Roadmap

### Insurance

Insurance policies are often the first source senior caregivers turn to for funds to help cover senior care costs... and rightfully so. The good news is that many insurance policies and programs do cover some senior care expenses.

#### I need information about:


- Tell me about all items below 
- Medicare, Medicaid, and Supplemental Medicare 
- Long term care insurance 
- Understanding what health insurance might cover 

### Routines


Knowing your loved one's daily routines can help narrow down the options for senior housing. The better you assess them and answer these questions, the better the housing choice. For the elderly, any small change is a big change. Choose not only for now, also consider future needs.

#### My loved one looks like this...


Memory - my loved one:

(Select) 


Physical Ambulation - My loved one is:

(Select) 

Personal care and hygiene - my loved one is:

(Select) 



Facility Type - I envision my loved one in:

(Select) 

### Medical Conditions

Certain medical conditions are not approved at some facilities, so it's important to answer each question below accurately.

#### My loved one has:

- Parkinson's disease
- A form of dementia and/or Alzheimer's Disease 
- A heart-related condition
- Diabetes managed with insulin
- Diabetes managed with oral medications
- Respiratory condition for which oxygen is required
- A condition requiring injections
- Feeding tube 
- Dermal ulcer (pressure sore) stage 1 or 2
- Dermal ulcer (pressure sore) stage 3 or 4

### Living Options

Many different senior housing alternatives have evolved to address various levels of need. Your loved one's physical condition or budget may not permit her to qualify for every living option listed here.












#### I'd like information about the following:

- All facilities
- Adult day care 
- Assisted living: large 
- Assisted living: small (care homes) 
- Continuing care retirement community 
- Hospice care 
- In-home care 
- Independent living 
- Low income housing 
- Skilled nursing care 
- Respite care 

### Before the Move

Planning ahead can be incredibly helpful in preventing some stress and anxiety. Completing this pre-move checklist will let you rest easier, knowing you've already taken care of so many of the essentials. Also, if your loved one will receive care at home, most of the resources will apply.






#### Moving checklist:

- Tell me about all items below 
- Find a primary care physician to complete a POLST / state required forms 
- Find a neurologist 
- Find an audiologist and get a hearing test
- Find an endocrinologist 
- Find a podiatrist 
- Find a hospital
- Find a dentist 
- Find a geriatric care manager 
- Find a moving service 
- Find a paratransit or other transportation service 
- Find a local or mail order pharmacy 
- Find a durable medical equipment supplier 
- Find a home health care agency

### Future Resources

From arranging for simple home modifications to which medical providers to put on speed dial, this section is dedicated to tips that will make senior care at home less stressful for you and your loved one. (Some of these items, such as final wishes, will also apply to those who will live in a senior care facility.) Check any of the boxes below for more information about these items and tips on how to find them.





#### Resource checklist (care at home):

- Tell me about all items below 
- Arrange for food and meal delivery 
- Final wishes and arrangements
- Create a simple emergency preparedness plan 
- Find a home modification contractor 
- Reduce your loved one's energy bills 

### Emotional Support

Taking on caregiving or care management responsibilities can be surprisingly stressful. According to a recent study, 40-70% of family caregivers have clinically significant symptoms of depression, and many experience declines in overall health as well. That makes it especially important to take care of yourself during this time. Check any of the boxes below for more information about these items and tips on how to find them.

#### Taking care of you

- Tell me about all items below 
- Caregiver support group (local) 
- Caregiver support (online) 
- Private counselor 

get my roadmap



# Your Personalized Roadmap

We assembled only the information you selected. Below you can personalize your results.

**Location** – shows providers near you  
**Name** – Your loved ones own report

Because life should be this **easy** !

## Provider location

Do not leave anything to chance; hire professionals to make sure care and paperwork is done as best as possible. Professionals may be aware of services not widely available.

Life is too complicated, and some services are free.

Where do you want the providers of professional and living options to be located?

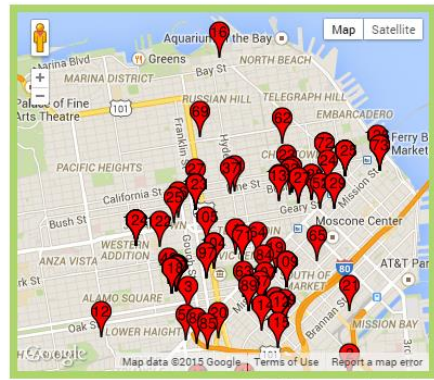
Would you like information for **San Francisco, CA**?

Or please enter address:

Address  ?

Radius in miles  ?

I don't need providers  I need providers



## Personalize your roadmap

Your information is **private**, and yes, our service is absolutely free. No strings attached! If you'd like us to personalize your roadmap by showing your loved one's name, please fill out the information below. This is optional, of course.

Select Person

Relative first name

Relative last name

Age

I don't want to personalize  Please personalize

[get my roadmap](#)



IF YOU JUST WANT TO  
SEARCH PROVIDERS






Click any of the boxes below to search for one or more of these senior living options near the address you gave us.

- All facilities
- Adult day care [?](#)
- Assisted living: large [?](#)
- Assisted living: small (care homes) [?](#)
- Continuing care retirement community [?](#)
- Hospice care [?](#)
- In-home care [?](#)
- Independent living [?](#)
- Low income housing [?](#)
- Skilled nursing care [?](#)
- Respite care [?](#)

- Search for all senior care services below [?](#)
- Adv healthcare directive / living will [?](#)
- Audiology [?](#)
- Bill payer [?](#)
- Burial plot [?](#)
- Caregiver services [?](#)
- Caregiver support (online) [?](#)
- Caregiver support group (local) [?](#)
- Certified Financial Planner [?](#)
- Certified Public Accountant [?](#)
- Cremation [?](#)
- Dentist [?](#)
- Durable medical equipment [?](#)
- Durable power of attorney for finance [?](#)
- Emergency preparedness [?](#)
- Endocrinologist [?](#)
- Estate planning [?](#)
- Funeral home [?](#)
- Funeral wishes [?](#)
- Geriatric care manager [?](#)
- Grief counseling
- Health insurance provider [?](#)
- Home health aide services [?](#)
- Medical social services [?](#)
- Nursing care services [?](#)
- Occupational therapy services [?](#)
- Physical therapy services [?](#)
- Speech pathology services [?](#)
- Home modification contractor [?](#)
- Hospital [?](#)
- Long term care insurance [?](#)
- Long term care insurance providers [?](#)
- Long term care planner [?](#)
- Meal delivery [?](#)
- Medicaid planning [?](#)
- Medicare supplemental insurance [?](#)
- Medigap insurance [?](#)
- Mobile dentist
- Moving service [?](#)
- Neurologist [?](#)
- Paratransit service [?](#)
- Pharmacy (local) [?](#)
- Pharmacy (mail order) [?](#)
- Placement agency [?](#)
- Podiatrist [?](#)
- Primary care physician [?](#)
- Private counselor [?](#)
- Private transportation [?](#)
- Public transportation [?](#)
- Respite care [?](#)
- Senior move specialist [?](#)
- Tax attorney [?](#)
- Tax planner
- Tax preparer [?](#)
- Veteran's benefits [?](#)
- Volunteer transport service [?](#)
- Weatherization provider
- Wills / living trusts [?](#)
- Real estate agent [?](#)
- Mortgage broker [?](#)

## Search Providers

There are so many senior care providers around you. Simply click on the provider types you are interested in, and we will show you a list with all of their contact information.



# Senior Care Providers

Personalize and Print. That **easy**!

## Provider location

Do not leave anything to chance; hire professionals to make sure care and paperwork is done as best as possible. Professionals may be aware of services not widely available.

Life is too complicated, and some services are free.

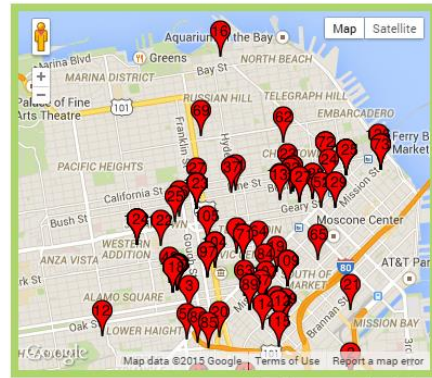
Where do you want the providers of professional and living options to be located?

Would you like information for **San Francisco, CA**?

If not, please enter address or zip code:

Address  ?

Radius in miles  ?



## Personalize your provider list

Your information is **private**, and yes, our service is absolutely free. No strings attached! If you'd like us to personalize your roadmap by showing your loved one's name, please fill out the information below. This is optional, of course.

Select Person

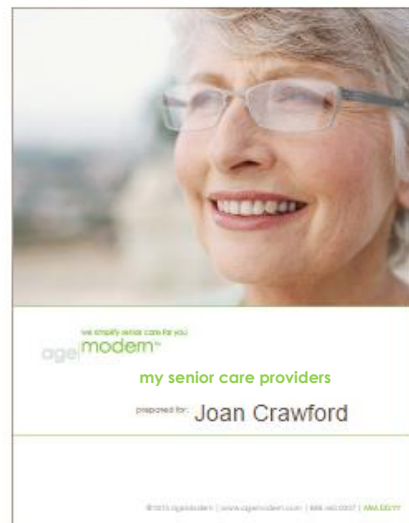
Relative first name

Relative last name

Age

- I don't want to personalize     Please personalize

[get my providers](#)



we simplify senior care for you  
age|modern™  
**my senior care providers**  
prepared for: **Joan Crawford**



PARTNER SIGN UP



## Senior Care Providers

Signing up is easy!

Search your business on our site:

Business name

Enter zip code  Within 20 in miles

### Sign up your senior care facility or service

Joining ageModern will extend your reach to care managers and family members of seniors across California and soon, the entire US. You'd be very welcome as an ageModern partner. It's easy to sign up: simply provide us with your contact information, and one of our agents will reach out to you to get all the necessary information to set up your account.

Your First and Last Name

Your Phone Number:

Your Email:

Business Name:

Business Address:

Preferred Contact:

Phone / Email



Questions?  
[Express callback \(open\)](#)  
[Live chat is: Online](#)

**Already a partner ?**  
Sign in using the fields in the upper right corner of this screen to access your information.

**Questions ?**  
Call us at 888.460.0007 or [email us](#) for a quick response during business hours.

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LANDING PAGES



# Assisted Living (small) – Care Homes

## What is a Care Home?

Care homes, also known as "board and care" homes, typically offer more home-like environments and higher levels of care than larger assisted living facilities. Also licensed as Residential Care Facilities for the Elderly (RCFEs), they provide supervision and assistance with the activities of daily living such as bathing, dressing, grooming, ambulation (moving around), and incontinence. They may also provide incidental medical services. Because of the wide range of possible services, look especially closely at what each facility offers to make sure it will meet your loved one's needs... now and in the near future. For a list of questions to ask when visiting a care home, see [www.agemodern.com/pdf/smart-questions-to-ask-senior-living-facilities.pdf](http://www.agemodern.com/pdf/smart-questions-to-ask-senior-living-facilities.pdf)

Care homes tend to be located in single-family residences that comply with local fire department regulations. Those that are licensed for non-ambulatory residents have features to allow access for the disabled, and some have obtained certifications in dementia and/or hospice care. If your loved one may need such services, ask to see the proper certifications. The Department of Social Services licenses care homes in California, and does not allow any facility to accept a person in need of care beyond the level of care for which it is licensed. In California, the monthly cost for assisted living facilities can range from \$900 to \$9,750 depending on the geographical location of the facility, the services offered, room types, and the care requirements of your loved one. The median monthly rate in California is \$3,750; the median annual rate is \$45,000. Generally, this type of assisted living facility does not charge a onetime, non-refundable fee. For more information on assisted living facility costs near you, look up a provider.



### By the numbers

State Median Monthly Cost:	\$3,750
Los Angeles:	\$3,800
Modesto:	\$3,063
San Francisco (East Bay):	\$4,150
San Francisco:	\$4,500
Sacramento:	\$3,250
Redding:	\$3,500

Source: [www.genworth.com](http://www.genworth.com)

## Would you like to see some care homes near you?

Your information is **private**, and yes, our service is absolutely free. No strings attached! If you'd like us to personalize your roadmap by showing your loved one's name, please fill out the information below. This is optional, of course.

Select Person

Relative first name

Relative last name

Age

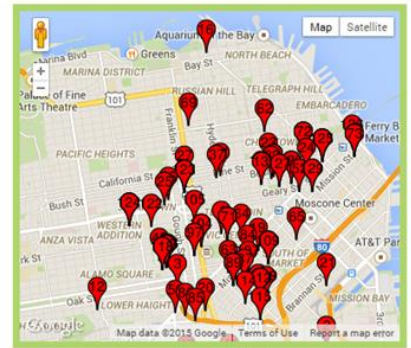
I don't want to personalize  Please personalize

Search providers in **SAN FRANCISCO, CA** or:

Address

Radius in miles

get my providers



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