

Aging in Place Resources

It can feel overwhelming looking for services or support to live in your community. Many people do not know what services are available, whom to ask for help, or where to start.

This document is intended to provide resources of services for people who want to stay in their homes as they age.

I. National Center for Assisted Living (NCAL)

General information: <https://ahcancal.org>

ALF Regulations:

To download the full report or just open a specific state visit:

<https://www.ahcancal.org/Assisted-Living/Policy/Pages/state-regulations.aspx>

For specific questions related to ostomy care or to dig deeper into the entire regulation contact your state agency.

II. National Consumer Voice for Quality Long-Term Care

ALF Fact Sheets:

<https://theconsumervoice.org/issues/recipients/assisted-living/fact-sheets>

III. Consumer Reports

Articles: * Who will Care for You? October 2017

* Getting Help at Home December 2017

<https://www.consumerreports.org/elder-care/elder-care-and-assisted-living-who-will-care-for-you/>

IV. Aging and Disability Resource Center

To search by city/state visit:

https://eldercare.acl.gov/Public/About/Aging_Network/ADRC.aspx

V. Long Term Care Ombudsman

To search by state visit: https://theconsumervoice.org/get_help

VI. Office on Aging

To search by state visit: <https://www.hhs.gov/aging/state-resources/index.html>

VII. Home and Community Based Services

<https://www.cms.gov/Outreach-and-Education/American-Indian-Alaska-Native/AIAN/LTSS-TA-Center/info/hcbs>

Eligibility varies by state. Here is a map of state Long Term Services and Support resources:

<https://www.cms.gov/Outreach-and-Education/American-Indian-Alaska-Native/AIAN/LTSS-TA-Center/info/state-resources-map>

VIII. Local National Council of Independent Living (Advocacy for people aging with disabilities - ostomy is a disability under the ADA)

To search by state visit:

<https://www.ilru.org/projects/cil-net/cil-center-and-association-directory>

IX. Additional Aging in Place Resources

National Institute on Aging:

<https://www.nia.nih.gov/health/aging-place-growing-older-home>

US Aging: <https://www.usaging.org>

Long Term Care: <https://acl.gov/ltc>

Conclusion

Ostomates can remain in their communities and live and receive services in their own homes or in the setting of their choosing rather than being forced into nursing facilities and other costly institutional settings by unnecessary government regulations or pay high out-of-pocket costs for in-home care. They can lead independent lives and age in place when they obtain the long-term services and support they need.

United Ostomy Associations of America, Inc. (UOAA) is a national 501(c)(3) nonprofit organization that supports, empowers, and advocates for people who have had or will have ostomy or continent diversion surgery.