



FAMILY GUIDE

Care Options at a Glance

Home Care · Assisted Living · Nursing Home

Helping families choose the right level
of support for aging parents.

Choosing the Right Care

As your parent's needs change, it is natural to wonder whether staying at home with support, moving to assisted living, or choosing a nursing home is the safest and most sustainable option. This guide offers a clear, side-by-side look at the three main settings so you can match your parent's needs, preferences, and budget with the right level of care — without feeling overwhelmed or rushed into a decision.

Start with Needs, Not Places

Before you think about buildings or brochures, pause and look closely at what your parent needs help with each day: personal care, medications, mobility, memory, and overall safety.

Then consider their goals and personality: do they want to stay at home as long as possible, would they thrive with more social connection, or do they need the security of 24/7 medical oversight — or some combination of these.

The sections that follow walk through what each care option typically provides, who it tends to be best for, and the most important pros and cons to keep in mind as you decide what comes next.



Home Care

Stay in the
comfort of home

Assisted Living

Community with
on-site support

Nursing Home

24/7 medical
nursing care

Snapshot of Each Care Option

A Home Care (In-Home Caregivers)

WHAT IT IS

Home care brings trained caregivers into your parent's own home to help with personal care, meals, light housekeeping, transportation, companionship, and safety monitoring. Nursing or therapy services can be added separately through home health if a doctor orders them.

BEST FOR

Older adults who want to remain at home, have at least some family or community support, and need help with daily tasks or safety – but do not require 24/7 on-site medical care.

+ PROS

Maximum independence and the comfort of familiar surroundings, with flexible hours that can scale up or down as needs change. Supports true aging in place, allowing care to wrap around your parent's routines.

- CONSIDERATIONS

The home may need safety modifications. As care hours grow, costs can increase. Family members usually coordinate the home environment, medical appointments, and the overall care team.



B Assisted Living

WHAT IT IS

A residential community that combines housing, meals, social activities, and help with daily tasks such as bathing, dressing, and medication reminders. Staff are on-site for support and emergencies, but the level of medical care is not the same as a hospital or nursing home.

BEST FOR

Seniors who are mostly mobile but need regular help with daily activities or medication management, and who would benefit from built-in social interaction and a more structured, safer environment.

+ PROS

Social engagement, planned activities, and a sense of community. Structured routines and maintenance-free living. Buildings are designed with safety features and staff are on-site to respond to needs.

- CONSIDERATIONS

Care aides typically support many residents at once, so one-on-one time is limited. As a resident's needs progress, families may need to bring in additional home care or consider transitioning to a higher level of care.



C Nursing Home (Skilled Nursing Facility)

WHAT IT IS

A licensed medical setting providing 24/7 nursing care, help with all basic tasks, medication management, and access to on-site or on-call medical providers. Offers both short-term rehabilitation and long-term care for people who need ongoing, intensive support.

BEST FOR

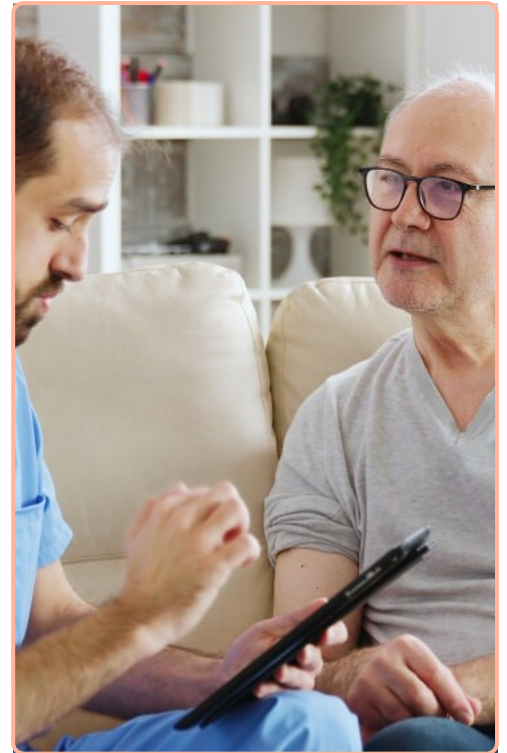
Older adults with complex medical conditions, severe mobility issues, or advanced cognitive impairment who need continuous nursing oversight and hands-on care throughout the day and night.

+ PROS

Highest level of on-site medical and nursing support with regular monitoring, access to therapies (physical, occupational, speech), and clinical services in one place. Reduces frequent hospital trips.

- CONSIDERATIONS

The environment can feel more institutional, with less flexibility, privacy, and personal control. Emotional adjustment can be challenging for residents and families. Costs are often the highest of the three options.



Quick Comparison at a Glance

Feature	Home Care	Assisted Living	Nursing Home
Setting	Your own home	Residential community	Medical facility
Medical level	Non-medical (can add home health)	Limited — help with daily tasks	24/7 nursing care on-site
Independence	Very high	Moderate	Lower
Social life	As you choose	Built-in activities	Group programs
Cost range	Scales with hours	Mid-to-high monthly fee	Typically highest
Best when...	Wants to stay home, needs daily support	Needs daily help + social connection	Needs continuous nursing care

How to Choose: A Simple Path

- 1 **Explore home care. Be honest about how many hours of support would truly keep them safe.**

They are lonely, not fully safe living alone, and need regular help — but not continuous medical care.

- 2 **Look at assisted living, with the understanding that you may add some home care support there later.**

They have complex medical needs, frequent hospitalizations, or need hands-on nursing around the clock.

- 3 **A nursing home or skilled nursing facility may be the most appropriate and stable option.**

Many families start with home care, then move to assisted living with supplemental in-home support, and transition to skilled nursing only when medical needs become truly intensive.



Care Options at a Glance — Family Checklist

Circle or check everything that applies to your parent's current situation.

1. DAILY NEEDS

- ☐ Needs help with bathing, dressing, or toileting
- ☐ Needs reminders or help taking medications correctly
- ☐ Has trouble with cooking, cleaning, or laundry
- ☐ Has memory problems affecting safety

2. SAFETY & SUPERVISION

- ☐ Has fallen in the last year or is afraid of falling
- ☐ Gets confused at night or is up frequently overnight
- ☐ Lives alone most of the time
- ☐ Family worries about unsupervised periods

3. MEDICAL COMPLEXITY

- ☐ Has multiple serious medical conditions
- ☐ Needs frequent nursing tasks (wound care, injections, etc.)
- ☐ Has had multiple ER visits or hospital stays recently
- ☐ Needs close monitoring by nurses or therapists

4. PREFERENCES & PERSONALITY

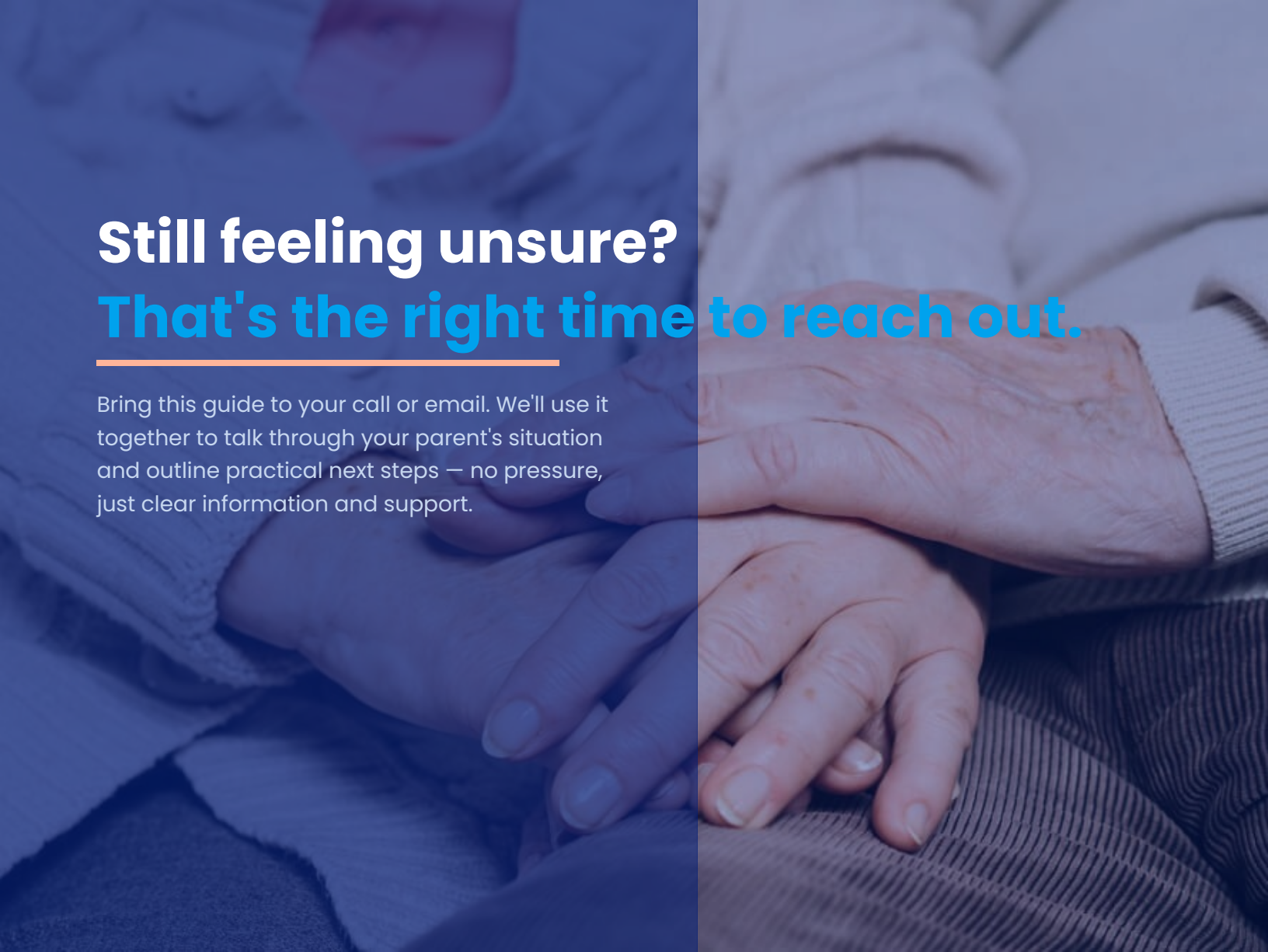
- ☐ Strongly prefers staying at home
- ☐ Would enjoy more social activities and peers
- ☐ Is open to a move if it increases safety and support
- ☐ Is easily overwhelmed by change or new environments

5. FAMILY & BUDGET

- ☐ Family can coordinate care and home modifications
- ☐ Family lives nearby and can visit or check in regularly
- ☐ Budget can support home care hours or facility fees
- ☐ Have talked with a professional about care options

What to Do Next

Choosing between home care, assisted living, and a nursing home is a big decision, and you don't have to figure it out alone. At Castleton Home Care, we'll walk you through what you checked off on this guide, ask a few gentle follow-up questions, and help you see where home care can fit in — whether that's keeping your parent safely at home, adding extra support in assisted living, or planning for a possible move down the road.



Still feeling unsure? That's the right time to reach out.

Bring this guide to your call or email. We'll use it together to talk through your parent's situation and outline practical next steps — no pressure, just clear information and support.

Call Castleton Home Care

Personalized non-medical home care
for seniors in the Atlanta area

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Our goal is simple: the safest plan that still feels like your parent's life, not just a care plan on paper.

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