

# THE 10 STAGES OF ELDERCARE

These stages of eldercare, generally reflect the progressive needs and challenges that arise as someone ages. While the specific stages may vary depending on a person's health, family situation, and other factors, a common framework includes the following 10 stages:

## 1. Healthy Independence

- **Description:** The elder is fully independent, active, and capable of managing daily activities.
- **Care Needs:** Minimal to none; occasional support with errands or home maintenance may be helpful.

## 2. Awareness of Initial Needs

- **Description:** Age-related challenges, minor memory lapses, decreased mobility, or difficulty with tasks like housework.
- **Care Needs:** Occasional help with specific tasks (like grocery shopping) and regular check-ins from family or friends.

## 3. Increased Assistance with Daily Activities

- **Description:** Elders may need help with activities of daily living (ADLs) such as cooking, cleaning, or transportation.
- **Care Needs:** Part-time in-home help, fsupport for specific tasks, home safety modifications, medication management.

## 4. Beginning to Need Regular Supervision

- **Description:** Increased difficulty managing day-to-day activities, more pronounced memory issues or limited mobility.
- **Care Needs:** More regular supervision, increased family involvement, and possibly hiring a part-time caregiver.

## 5. Moderate Decline and Supervision Required

- **Description:** Moderate declines in health and function, needing help with multiple ADLs, such as bathing/dressing.
- **Care Needs:** Daily assistance from family members or professional caregivers, potential adult day care services.

## 6. Substantial Decline and 24-Hour Support Needed

- **Description:** May require around-the-clock assistance with most ADLs. May have cognitive decline (e.g., dementia).
- **Care Needs:** Full-time in-home care or assisted living. wProfessionals to manage health needs, safety, and comfort.

## 7. Transition to a Care Facility

- **Description:** Needs exceed full-time, at home care. Leading to a skilled nursing facility or similar setting.
- **Care Needs:** Long-term, 24-hour skilled nursing care facility. Rehabilitation services , personalized medical attention.

## 8. Palliative Care for Comfort

- **Description:** The focus of care now shifts: Maintain comfort and quality of life, due to serious illness or advanced aging.
- **Care Needs:** Palliative care services, either in a facility or at home, focusing on managing pain, addressing physical and emotional needs, and improving overall well-being.

## 9. Hospice Care

- **Description:** The final stages of life, often with a prognosis of six months or less to live, the primary goal is comfort.
- **Care Needs:** Care is provided at home, in a hospice facility or a nursing home, with an emphasis on pain management, emotional support, and dignity, during this end-of-life process.

## 10. Bereavement / Family Support

- **Description:** Upon the elder passing, family / friends may need emotional & practical support during the grieving process.
- **Care Needs:** Bereavement counseling, support groups, final arrangements assistance. (legal & financial matters.)



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\*This framework serves as a guide to understanding how care needs progress with age and health changes. Every individual's experience is unique, so it's essential to adjust these stages to fit personal circumstances.