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United Way  
Metro Chicago



THE COST OF LONG-TERM NURSING HOME CARE AVERAGES \$50,000 PER YEAR, A STAGGERING SUM THAT THREE OUT OF FOUR SENIORS SIMPLY CAN'T AFFORD. AS A RESULT, MILLIONS OF OLDER ADULTS WHO CAN NO LONGER LIVE INDEPENDENTLY ARE CHOOSING TO MOVE IN WITH THEIR ADULT CHILDREN. THE ARRANGEMENT CAN BE EXTREMELY CHALLENGING FOR FAMILY MEMBERS WHO MUST WORK FULL-TIME AND CANNOT CARE FOR THEIR AGING PARENTS DURING THE DAY.

### Meet Tsui Sim.

Tsui Sim lived in California with her adult son for many years. She never imagined she would outlive him, but she did.

At ninety-six years of age, Tsui-Sim was forced to re-locate to a completely new environment in Chicago with her daughter, Monita. The transition was difficult both for Tsui Sim who was suddenly living in an unfamiliar place, and for Monita who had a full-time job and could not stay home with her mother who required continuous care.

“My mom was very depressed when she moved here,” said Monita. “I couldn’t take so much time off my job, but I didn’t want her care to suffer.”

Monita was beside herself. She needed to earn a living for herself and her mother, but she knew she couldn’t leave her mother alone while she was at work. Then Monita found a United Way funded adult daycare program at the Chinese American Service League (CASL)—a program that was not only affordable, but just what her mother needed to be happy and healthy. The program provided culturally competent nursing care, nutritious food, mentally and physically stimulating activities, socialization with other seniors, and even transportation to medical appointments.

CASL became an instant refuge for Tsui Sim, who has made amazing progress on all fronts.

“When she first joined the program she was withdrawn,” said the program director. “But with the encouragement from the staff and the other program participants, she is making great strides. She smiles all the time now, and is making new friends. She has really fallen in love with the program.”

Tsui Sim joined the program almost a year ago, and she has yet to miss a day. And no one is more grateful for her improvement than Monita.

“My mom’s life is completely changed,” she said. “She’s happy here, and I’m happy for her.”