



# ELDERCARE RESOURCE SERVICES



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"HELPING YOU HELP YOUR LOVED ONES"

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## WAYS TO REDUCE FALLS

No one wants to fall or plans for a fall but they happen. There are a few simple exercises that can reduce the risk of a fall; these exercises can be done in the home. Check with your physician before starting these exercises.

Sitting in a chair straighten the knee (extend the leg out), pause and then slowly lower the foot back to the floor. Repeat this 10 times for each leg.

Sitting in a chair alternate lifting the knees to the chest as if you are marching. Repeat this 10 times per leg.

Stand with two hands on the back of a chair; spread feet apart, raise yourself on all toes, pause, and then lower

back down to the ground. Keep hands on the chair during the entire exercise. Repeat this 10 times.

Stand with two hands on the back of a chair and bend knees as far as is comfortable (go into a squat position) keeping your head straight behind toes.

Then go into a standing position. Repeat this 10 times. Other tips: Keep telephone and electrical cords out of pathways. Tack rugs and glue vinyl flooring so they are flat. Keep most frequently used items within reach (reduce the amount of bending), paint outside stairs with a mixture of sand and paint for better traction. Paint the edges of steps that are especially narrow or lower than others (better visibility when walking). Keep a flashlight handy.

## ADULT DAY CENTERS

Adult Day Centers offers activities, musical events, food, and many other programs designed to keep the senior busy, entertained, mentally stimulated, and occupied throughout the day. Some Adult Day Programs have a Nurse available to dispense medications and take vital signs. The Adult Day Program is an ever growing business with the goal of providing any senior with a place to go during the day to reduce isolation at home. Isolation can cause depression and increase the risk for memory loss. Contact the local Council on Aging to find a list of Adult Day Programs in your community.

## ABOUT US

**ElderCare Resource Services** is a geriatric care management company co-owned by Linda Sullivan RN, CMC, and Debbie Gitner LCSW, C-SWCM. Our unique Nurse/Social Worker team is able to provide both psychosocial and medical consultation to our clients. Linda and Debbie work together on each case. Families can consult with either of us. We are strong advocates for our clients giving them information to make them better consumers; getting their relative the best care. Together we are able to assist our clients and their families with information on Community Services, Home Care, Assisted Living, and Nursing Homes. Linda and Debbie each have over 30 years working with the geriatric population. Now is the time to plan for the future. Call us today if you have a question about our services. We'll be happy to chat. Look for our monthly column in the Metro West News called "Senior Q & A"

## DRIVING

In 2011 a new law went into effect that allows health care providers and law enforcement offices to file a confidential report with the Registry of Motor Vehicles on anyone who they believe may not "physically or medically capable of safely

operating a vehicle." Once a report is filed RMV is required to complete their review within 30 days. The bill defines "cognitive or functional impairments" as: inability to make appropriate decisions while driving, or a condition that impairs

attentions, perception, comprehension, judgment, reasoning and alertness. These laws do not only apply to seniors but to any person who may have an impairment. The RMV can revoke anyone's license for the above reasons.



Member of:  
**The National Association of Professional Geriatric Care Managers**

*"Helping you help your loved ones"*

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## FREQUENTLY ASKED QUESTIONS

**Q: My mother is becoming more critical or other people and she is always telling my father he did something wrong. Is this part of normal aging?**

**A:** Yes and No. It is very common for seniors to become more focused on themselves and critical of other people. There may be an underlying worry about aging and by criticizing others your mother can still feel that she is in control and all is right with the world. Talk with your father and let him know you care and are available to him to vent at any time.

**Q: My mother has some memory loss but she will not allow anyone into her home. She is not eating properly and the house is not as clean as it once was years previous. How can I convince my mother to**

**allow someone in the home?**

**A:** Sit down with your mother calmly and let her know you care. You are not taking away her ability to care for herself but trying to make life easier for you. Sometimes a mother will allow help in if they know they are helping their daughter. It is easier to say, I am doing this to help my daughter (many mothers like to help their daughters) rather than admit they need help. Ask your mother if she is worried about the cost of help. There may be some free services in the community; contact the local Area (ASAP) to discuss free services.

**Q: My older sister is in a Nursing Home. She has dementia. Am I allowed to take her out for a drive or to my house? We al-**

**ways went shopping together or to each other's home. On most of my visits my sister asks me to take her out.**

**A:** Is your sister asking to go out for a drive or asking you to remove her from her current living situation? If your sister is asking to go out for a car ride and understand she will return back to the Nursing Home then speak with your sister's designated health care agent (if it is invoked) about your sister's request. If your sister is competent then go directly to the nursing staff otherwise speak with the health care agent first who then must speak to the nursing staff. In Massachusetts there needs to be an order from the physician consenting to the outing. Once there is the okay from the physician you can take your sister on outings. Each time you go out you must inform the staff and sign out.