



ELDERCARE RESOURCE SERVICES



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"HELPING YOU HELP YOUR LOVED ONES"

APRIL 2013
A FREE PUBLICATION ON ELDER ISSUES

A TIME FOR HOPE

On Saturday April 27, 2013 Dr. Robert Stern is going to speak at **Heritage Assisted Living**, 747 Water Street in Framingham, Massachusetts. This is a free event open to the public.

Time: 9:30 AM - Noon

'A Time For Hope'. In recent years there have been tremendous advances in Alzheimer research. Dr. Stern will discuss the most recent research developments and new methods in providing and caring for people living with the disease.

Currently there are more than five million Americans living with Alzheimer's disease.

Dr. Stern is an Associate Professor of Neurology at Boston University (BU) School of Medicine and serves as Director of BU Alzheimer's Disease Center. He appears regularly on the local and national news programs.

The event will include vendor tables with free information and resources to family members and a vendor raffle door prize.

This program is being sponsored by The Metro West Alzheimer's Partnership.

RSVP to Amy Bishop at Heritage Assisted Living at 508-655-5364 by April 22nd.

INCONTINENCE

Incontinence can be very embarrassing for seniors. It can also increase the risk of urinary tract infections. Women tend to have more urinary tract infections than men. For many people when incontinence begins they try to compensate and fluid intake decreases. This can cause dehydration or put one at higher risk for a urinary tract infection. Speak with the physician and discuss a consult with a Urologist to determine the cause of the incontinence. There are many products sold over the counter or online to wick away the urine from the skin. Incontinence can also cause skin breakdown.

ABOUT US

ElderCare Resource Services is a geriatric care management company co-owned by Linda Sullivan RN, CMC, and Debbie Gitter 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 have over 35 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 'Senior Q & A'

HOSPITAL: OBSERVATION/ADMITTED STATUS

When you are in the Emergency Room with your relative the physician will perform and examination, order testing, and discuss the results. After that a decision is made to admit, send home, or be placed on observation status. Observation status can in-

clude to determine if someone can return home or if they should be admitted. Admission is determined by severity of the illness and intensity of the service. It is important to know the status of your relative. If your relative requires a move to a rehabilitation facility and

has Medicare as the primary insurance, then they must have three midnights in the hospital under **admission status** in the hospital. Observation status does not allow the rehabilitation facility to bill Medicare. The status can change from admission to observation during your stay.



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 father and mother are doing well at home. I worry about the future. What is the one most important thing I should do?

A: Review your parents legal and financial documents specifically Health Care Proxy, Power of Attorney, HIPPA, Trusts, etc. with an Elder Law Attorney. It is important to review these documents periodically. The Commonwealth of Massachusetts continues to change guidelines and it is the Elder Law Attorney that is up to date on specific wording in the legal documents and financial agreements.

Q: My father has decided he does not want any more surgery. He feels at 91 years old he should just live his life out the way it is. He is having difficulty walking and the primary care physician discussed a knee replacement.

Should I try to push my father to have a knee replacement?

A: No you should not push your father into knee surgery. Knee replacement surgery is a major operation. Your father is wise to consider his age and his quality of life. As with all procedures, quality of life versus the risks need to be considered. There is no right or wrong answer in each situation. You are very fortunate that your father is able to express himself and his choices. He has made the right decision for himself.

Q: My daughter is getting married. I am the mother of the bride and the caregiver to my mother. My daughter would like me at her side as she dresses and during pictures. My mother can not be left alone. What can I do to

please everyone?

A: Consider hiring a caregiver for your mother during the event. The caregiver can take the primary lead while you are there for your daughter and your guests. The caregiver and your mother can sit at your table whereby you can advise what needs to be done. Your mother will be close and you will be available as you are the mother of the bride.

Q: My mother's health is declining. The doctor mentioned Hospice. Where can my mother receive these services?

A: Hospice services can be delivered in a home setting, Nursing Home, or in a Hospice setting. Hospice services are not 24/7. Speak with a Hospice service to best understand what they can provide for your mother and the hours they can provide care.