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ELDERCARE RESOURCE SERVICES



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"HELPING YOU HELP YOUR LOVED ONES"

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WHEN YOUR RELATIVE MOVES

Moving is never easy at any age; but it is more difficult for seniors. Many seniors have lived in their homes for years and have systems in place. It is important to keep the same systems in place when moving a Senior. We suggest taking a picture of the bathroom and inside the medicine chest. If you can set up the bathroom similar to the home it will make it easier for your relative. They will not be searching for their toothbrush or toothpaste but will reach for it out of habit. When we do things by habit it is our procedural memory that is working. Take pictures of the couch, pillows on the couch, the table and

lamp next to the couch, the nightstand and inside the kitchen. Are the utensils to the left of the sink or the right? The more you can set up similar to home the easier it will be for your relative to feel like the new place is home. There will be a lot for your relative to learn; the way to the dining room, location of the activity room, etc. If the apartment is similar to the home it will make adjustment easier. Your relative will not have to work hard to learn where things are in their own home. If there is memory loss and your relative can read, then consider labeling some of the spaces.

WHAT DO I DO?

As Geriatric Care Managers we are able to advocate and assist families when caring for an aging relative. As GCM's we do this by informing adult children of how systems work, when it is time to appeal a decision, how to bring services into the home, how to keep someone safe at home, medication management, and answer the question; what is best for my aging relative. Through an assessment GCM's are able to help families navigate the complicated medical maze. It saves families money and time when they can call someone who has the answers.

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'

LIFE INSURANCE

When extra money is needed and the senior has life insurance policies, it may make sense to convert the policy into a "life settlement." The policyholders sell their policies at a discount to a third party. The downside is the policyholder gives up a large amount of the

value. The benefit is quick cash that can be used to keep someone in their current living situation. This is something to consider if the senior can no longer afford to pay the monthly premiums. In some situations cash can be in a lump sum or monthly benefit. Talk with

the insurance agent about the process and pro's and con's, to the accountant for tax liability concerns, and the Elder Law Attorney for their advice. It is important to include everyone in this discussion. Then you will be able to make the best decision.



Certified Members of:

National and New England Associations of Professional Geriatric Care Managers

**“Helping you help your loved ones”
Check us out on Facebook**

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FREQUENTLY ASKED QUESTIONS

Q: My mother is at home with 24/7 care. The care is now having difficulty getting my mother out of bed. I cannot afford a second person in the home. Are there any options or ways to make getting out of bed easier?

A: Yes there is another option. There is a company in CT that has conveyor belt bed. This bed allows someone to stay at home with one care giver and go from a laying down to a wheelchair. Contact us and we can provide you with the name of the company. This bed is available in certain states. A Physical Therapist may have other options—contact the Primary Care Physician to request a PT evaluation for safety.

Q: Winter is coming again and I worry about my parents at home. Any ideas?

A: One idea is to talk with your

parents about moving into an Assisted Living facility for one or two months during the winter as Respite. This allows your parents the ability to try out an Assisted Living without committing. In addition all meals and services are provided for those months. Your parents may find they like it or they may find it's not for them. If they do stay home, consider purchasing a generator in case they loose power. Also, have a name of a home care agency ready to be called if your parents needs help at home. Home care agencies can cook, clean, shop, take your parents out, and provide socialization by having someone in the home.

Q: My mother never listens to her doctor. She refuses tests, she refuses medications, and she does not have regular follow

up visits. My mother has her own ideas of what she needs to do to stay healthy. Any advice?

A: You can not do anything differently. If your mother's health is in danger and she is making poor decisions then you must step in. However, if she is competent she has the right to make her own decisions. They may not be the best decisions but it is her choice and her right to make those decisions. Support her as best as possible and remember it is her life and she can decide how she wants to live it. When/if something changes then your mother may rely upon you and accept medical intervention. Until that time, visit and talk with your mother watching that she is still doing well. In the meantime make a list of people to contact should your mother's health change. The list should also include someone that can provide you with advice and assistance.