



ELDERCARE RESOURCE SERVICES



INFO@ELDERCARERESOURCESERVICES.COM
WWW.ELDERCARERESOURCESERVICES.COM
"HELPING YOU HELP YOUR LOVED ONES"

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A FREE PUBLICATION ON ELDER ISSUES

HEALTH NEWS—DIABETES

When you eat your body changes food into sugar called glucose. Glucose travels through your body to feed your cells. It is the main source of food for your body. For glucose to get into the cells insulin needs to be present. Insulin is a hormone produced by the pancreas. If your body does not produce enough insulin glucose can not get into your blood stream.

Some symptoms of diabetes can include increased thirst, frequent urination, sores that do not heal quickly, weight loss, feeling tired and fatigued, and vision problems.

Type 1 diabetes usually occurs in people under the age

of 30. Type 2 diabetes usually occurs in adults over the age of 40, and the risk of developing diabetes increases with age.

Some risks of developing diabetes includes: having HDL levels of 35 or lower, triglycerides of 250 or higher, being inactive or exercising less than three times per week, and blood pressure of 140/90 or higher. There is also a genetic factor.

Diabetes can be controlled through diet, medication, and exercise.

Article by NIH Senior Health.

ALZHERIMER'S NEWS

The Alzheimer's Association is sponsoring a program called "Taking Control of Alzheimer's Disease and Related Disorders: Techniques for Early-Stage Persons". This program is developed for people with early-stage memory disorders. It is a four part series which discusses ways in which symptoms can be managed. The program is free of charge and the early-stage sufferer and care-partner must attend together. March 9, 16, 23 & 30 at Worcester Medical Center 10:00 AM - 12:00 PM. April 12, 19, 26 & May 10th at the Alzheimer's Association in Wauertown. Call Elaine at 617-868-6718 Ext. 2005 if you want more information.

ABOUT US

ElderCare Resource Services is a geriatric care management company co-owned by Linda Sullivan RN, and Debbie Gitner LCSW. We provide both psychosocial and medical consultation to our clients. The Nurse/Social Worker are able to provide a powerful team to our clients. Many families have questions about the health of their relative that Linda is able to answer. In addition families need the support and advocacy of a Social Worker. Together we are able to assist our clients and their families with information on Home Care, Assisted Living, Nursing Homes, legal, financial to name just a few of our resources. Linda and Debbie have over 30 years each working with the geriatric population. We have a wealth of information that we can share with our clients. Give us a call if you have any questions about our services. We'll be happy to chat with you to explain how our services can help you.

LEGISLATIVE UPDATE

As we go to print there are many legislative bills that could be passed by the Federal Government. One of the bills that will affect seniors is the eligibility period when applying for Mass Health. The look back period would be extended to 60

months (currently at 36 months). The transfer penalty would begin the date a senior entered a Nursing Home not the date of the transfer as is currently the law. Gifts to grandchildren to help them with college would be considered a transfer

and could disqualify a senior for Mass Health for a period of time. We urge everyone to review their financial files with an Elder Lawyer. They are the expertise in the new laws and can help families protect their money.



Members of:
The National Association of Professional Geriatric Care Managers
and
The National Academy of Elder Law Attorneys

"Helping you help your loved ones"

info@eldercareresourceservices.com

*Linda Cell: 508-958-8967
Debbie Cell: 508-733-3964*

*Phone: 508-879-7008
Toll Free: 866-280-2308
Fax: 508-460-3869*

*ElderCare Resource Services
29 Gano Road
Marlboro, MA 01752*

FREQUENTLY ASKED QUESTIONS

Q: I do not know how to find an Elder Lawyer, can you help?

A: ElderCare Resource Services works together with Elder Lawyers. We have a list of lawyers with years of experience in this field. We will be more than happy to share our list. Elder Lawyers have expertise in understanding the laws, can assist in putting together a financial plan, and can protect the assets of seniors.

Q: What is a health care proxy ?

A: A health care proxy is a legal document that gives a designated person (called an agent) the ability to make medical decisions when the senior is unable to make decisions. An attending physician will be the one to decide when to put the proxy in place.

Q: Does Medicare pay for your services?

A: Medicare does not pay for the services of a Geriatric Care Manager.

Q: Why should I hire a Geriatric Care Manager

A: A Geriatric Care Manager is hired by a family to advocate for your relative. A Geriatric Care Manager works for the family, putting together a care plan and explaining services available in the community. A Geriatric Care Manager is able to find the best services and to be available to family members helping them through the medical maze.

Q: My sister and I can not agree on what is best for our mother. Can a Geriatric Care Manager help?

A: ElderCare Resource Services has consulted and completed evalua-

tions. We have gone into homes for an assessment. Then we have presented the information to the family. **ElderCare Resource Services** can be an objective third party with professional experience in the elderly.

Q: Are there any Nursing Homes that provide good care? All I hear about in the news is the poor care provided?

A: Yes, there are some very good Nursing Homes. There are some Nursing Homes that personalize care and keep families updated to their relative's needs. All Nursing Homes are not alike. **ElderCare Resource Services** can assist in finding the best Nursing Home that meets your relative's medical needs. We do this on an individual basis. We are also able to assist in finding an Assisted Living Facility that meets your relative's individual needs.