



ELDERCARE RESOURCE SERVICES



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

FEBRUARY 2012
A FREE PUBLICATION ON ELDER ISSUES

"MANAGING THE CHALLENGING

Dealing with the emotions surrounding the onset of Alzheimer's disease, the most feared illness in the U.S. is difficult. The MetroWest Alzheimer Partnership, in collaboration with the Alzheimer's Association, is hosting an educational program that is free and open to the Public on **Saturday, March 31st at Whitney Place, 3 Vision Drive, Natick at 10 AM.** Especially difficult for families is when their loved one starts to exhibit some of the troubling behaviors commonly associated with Alzheimer's disease. The event features nationally Alzheimer expert, Paul Raia, Ph.D. Dr. Raia has

worked in the fields of gerontology and psychology for 30 years and appears regularly on national news programs. He serves as Vice President of Clinical Services for the Alzheimer's Association, Massachusetts/New Hampshire Chapter. He has a special interest in the management of problem behaviors and is a founder of an approach to dementia care called "Habilitation Therapy," a technique that focuses on the patient's emotions and remaining abilities. Dr. Raia will discuss habilitation therapy, among other topics, at the event. **For more information or to RSVP contact Kelly Payne at 508-655-3344.**

HOSPITAL DELIRIUM

Hospital delirium can occur when someone has had surgery or admitted to the hospital. Sleep deprivation or pain medications are also contributing factors. Delirium can present as sudden changes in personality, agitation, increase in confusion, or paranoia.

When visiting, family members are sometimes the first to notice subtle changes. Speak with the medical staff at the hospital to alert them to any changes. It is important to rule out a medical infection for the delirium. The delirium can slow down the rehabilitation and recovery process. It can also mimic dementia.

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"

HOW CAN A GERIATRIC CARE MANGER HELP ME?

The Congressional Budget reviewed literature looking at the role of care and case managers. The study concluded when care managers were involved interacting directly with physicians and seniors there was a reduction of hospital admis-

sions on an average of 7%. The study did not show the same effects when a case manager was involved. Care Managers follow the senior in the community by coordinating physician visits, monitoring the health and psychosocial needs of the

senior, and assisting the senior there are major benefits. Continuity of care by a Care Manager has many benefits and reduces the stress of family members. Call ElderCare Resource Services to find out more about our services.



Member of:
The National Association of Professional Geriatric Care Managers

"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: 508-405-0963*

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

FREQUENTLY ASKED QUESTIONS

Q: My father has moved his bedroom to the first floor specifically in the living room. There is no shower on that floor. Is there a reasonable way to install a shower?

A: There are a few ideas; cost is always a factor. One idea is to install an electric stair lifter. Sometimes renting equipment offers the option to try the system without a purchase which can be expensive. Another idea is to install a portable Roll-in Shower. There is easy storage between uses and no plumbing or home modifications are needed.

Q: My mother, who is in fairly good health, was diagnosed with breast cancer. The doctor's suggested a radical mastectomy. My mother is interested in having the surgery but I worry about post surgery complications and her quality

of life after surgery. I am trying to convince my mother not to have surgery but so far she is still in favor of having surgery. What can I do?

A: It is ultimately your mother's decision as long as she is competent to understand the risks involved. It is her choice to have the surgery to try to beat the odds and live longer. There may be some bumps in the road ahead however if it is a place your mother wants to go. This is about your mother and how she chooses to live her life.

Q: My mother visits her husband, my father in the Nursing Home just about daily. I worry about my mother's health over the stress of visiting I visit both my parents and try to take my

mother out shopping but she often says no because she wants to sit with my dad. My dad is aware of her visits but often times he falls asleep. I worry that if my father passes away first my mother will not be able to go on without him. What can I do to help my mother and keep her going?

A: You are doing everything you can possibly do for your mother. You are there for her to talk with, you offer her outings, and you allow her to choose how she wants to spend her days. If your father passes first your mother should not have any guilt that she could have done more. She may be able to grieve the loss and then move on because she was able to feel she was in control. Keep reminding your mother what a good job she is doing to reduce the possibility of any guilt after your father passes.