



ELDERCARE RESOURCE SERVICES



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"HELPING YOU HELP YOUR LOVED ONES"

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A FREE PUBLICATION ON ELDER ISSUES

MEDICARE DENIALS

Effective January 7, 2014, Medicare clarified the standards for the denial process. This affects all seniors with Medicare and HMOs who are in rehabilitation settings. The previous standard was if someone is not meeting their goals they no longer qualify for Medicare coverage for rehab. Medicare clarified stating 'it is the individual's unique condition and complexity of the medical needs that will drive the need to stay on Medicare'. Skilled Care may be necessary even where a patient is stable. It is important that there is detailed documentation at the rehab setting to support the need for

continual observation and assessment. It is imperative to show that monitoring is important. Medicare stated 'skilled care can be required to maintain an individual's condition or functioning or to slow or prevent deterioration'. The above statements will allow an individual to stay on Medicare longer which will mean anyone returning home will be in better health than the previous assumed standards.

We encourage everyone to appeal if denied. Contact either Mass Pro or the HMO agency within the required time. There is no fee to appeal. Contact us and we can help you through this process.

FAMILY TIME

As caregivers our "quality time" with our aging relative is reduced. There is more time being spent tending to the issues at hand, checking that everything is in place, contacting physicians, picking up medications, and being available by phone. The caregiver needs to carve out time with their relative to do something that was once enjoyed. This could be watching a movie, listening to music, going out to eat. This time together brings back the fun times and the happier memories. Try to find the time to delegate some of the responsibilities to other family members or hire help to make caregiving easier.

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 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'

10 WARNING SIGNS OF ALZHEIMER'S DISEASE

Listed below are the 10 warning signs of Alzheimer's disease. Memory changes that disrupt daily life, challenges in planning or solving problems, difficulty completing familiar tasks, confusion with time or place, trouble understanding visual images and spatial relationships,

new problems with words in speaking or writing, misplacing things and losing the ability to retrace steps, decreased or poor judgment, withdrawal from work or social activities, and changes in mood and personality. Normal aging is making a bad decision once

in awhile, forgetting which day and remembering later, sometimes forgetting which word to use, losing things from time to time, and missing a monthly payment.

www.alzh.org/10signs for additional information on the warning signs or call 877-474-8259.

Certified Members of:
National and New England Associations of Professional Geriatric Care Managers



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FREQUENTLY ASKED QUESTIONS

Q: My mother keeps to the same routine and will not try to participate in what I call brain activities to keep her brain healthy. Will my mother develop dementia if she does not keep her brain healthy?

A: Studies indicate that it is important to keep the brain active through reading, playing music, learning a new language, square dance, playing chess, etc. but it does not mean your relative will develop dementia if they do not participate in brain healthy exercises. There are many people who keep their brain in learning mode who come down with dementia. The studies indicate that these suggestions may help to protect against memory loss but there are many other factors that contribute to memory loss. Even if your mother does participate in brain healthy activities it does not mean

she will not develop dementia.

Q: What should I have in my mother's house if her power goes out?

A: Flashlight and batteries, battery operated candles, high energy foods on hand such as bars, non-perishable foods (canned goods), hand held can opener, and bottled water. Keep ice packs in the freezer and a cooler close at hand to refrigerate food (some food items may be able to be placed in the snow), keep a thermometer in the refrigerator and freezer—it is important that foods remain at 40 degrees Fahrenheit or below. If the temperature drops then items need to be discarded. Place battery operated emergency lighting around the house.

The battery operated lights only need to be touched to provide light.

Q: My parents will be coming to me for the holidays. I am interested in giving them a tour of independent living facilities in hopes my parents will move closer to me. How do I begin this process?

A: Talk with a Geriatric Care Manager who can help you put together a plan. The Geriatric Care Manager can make suggestions on facilities saving you time in touring facilities that will not meet your parents needs. Some facilities have a respite program which would allow your parents the opportunity to try it out. The winter time is the best time to leave the home for a place that provides meals, activities, and social contact with others. It reduces isolation at home during the winter time.