



ELDERCARE RESOURCE SERVICES



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"HELPING YOU HELP YOUR LOVED ONES"

JANUARY 2011
A FREE PUBLICATION ON ELDER ISSUES

AFTER THE REHAB?

If your relative is admitted to a skilled rehabilitation unit following a hospitalization the next big decision is can my relative to return home? Talk with the staff and arrange for a discharge meeting approximately one week prior to discharge to discuss your relative's current needs. Include in the discharge meeting the Physical and Occupational Therapy as well as the staff caring for your relative. Attend some therapy sessions so you can observe if your relative is back to their previous baseline. Take notes at the meeting. Ask questions; what agency can provide help in the

home, how much help is needed, how many hours per day/week, ask for telephone number of the agencies that will be visiting your relative in their home. Ask that any paperwork be faxed to your relative's primary care physician. Think about what you are able to do for your relative. If you are working and caring for your family then discuss options so care can be provided to your relative. How much you can do is a personal decisions but taking on too much can cause you increased stress. You need time for yourself which will make you a better caregiver.

HOME MODIFICATION

Some seniors need to modify their home in order to be able to stay in their home. There is a Home Modification Loan Program that offers loans to finance modifications for low and moderate income seniors. This would include a ramp, bathroom adaptations, visual safety alarm systems etc. www.state.ma/us/mrc or call 617-204-3637 for more information on this program and to determine if your relative is eligible for these services. If wheelchairs or commodes are needed in the home; contact the local Council on Aging as they often have donated equipment available to seniors.

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 Savvy."

AUTOMATIC MEDICATION DISPENSERS

Many of the automatic medication dispensers can hold up to one week's worth of medications. The machine is programmed to the specific time a medication should be taken. A bell or alarm will go off to remind the senior that it is time for

their medications. Some systems can notify a family member if the medication dispenser was not opened and then closed. The medication dispenser can not watch that someone is actually taking the medication. It only displays an alarm that it is

time to take a medication. Many of the machines run on electricity but have a battery back-up. Insurance does not always pay for these machines; some machines can be rented toward the purchase price.



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 mother is moving into a Nursing Home and I can not bring with her all of her medications. I just purchased a three month supply of many of her medications. The Nursing Home is going to purchase these medications which can be very costly. Anything I can do to salvage the medications?

A: Some Nursing Homes will allow the medications to be 'bubble wrapped.' The Nursing Home is worried about any medications being tampered with. The bubble wrapping method places each medication in it's own seal and the nurse's punch out the pill. Some pharmacies bubble wrap medication however there is a cost to having the medication bubble wrapped. Compare all costs and then decide which is in your mother's best financial interest.

Q: Are there Assisted Livings that will allow my mother to bring her cat?

A: Not all Assisted Livings are pet friendly but some will allow pets. The pet is the responsibility of your mother. Speak with the Assisted Living about your mother's cat. Ask about any additional fees for the cat or any fees when your mother moves out if the cat did any damage?

Q: I read somewhere that as we age we need more light. My mother has cataracts and is in her late 80's, what is the best light in her house?

A: Most seniors need two to three times more light to see clearly than younger people. Some lights cast a shadow which can be scary for some-

one with Alzheimer's disease. Try to eliminate glare. If your mother spends most of the day in one or two rooms—bring in bright lights without any glare.

Q: My uncle has stopped driving. He expects me to take him food shopping, to the pharmacy, to his doctor and other appointments. I work all the time and my time is limited. My uncle is able to go to the appointments by himself but he does not have transportation. What is available?

A: Contact the Council on Aging in your uncle's town. They offer resources in the local community to help solve this problem. Sit down with your uncle once you have a list of resources and discuss with him when you can drive him and when he needs to contact the outside agency to get him to his appointments.