



# ELDERCARE RESOURCE SERVICES



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"HELPING YOU HELP YOUR LOVED ONES"

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A FREE PUBLICATION ON ELDER ISSUES

On **January 12, 2007** **Elder Care Resource Services** will be live on the radio between **noon and 1 PM** on **AM 1120 WBNW or 1390 WPLM.**

Stephen Greenberg, Certified Senior Advisor and specialist in Reverse Mortgages invited **ElderCare Resource Services** to appear on his twice a week show "Senior Solution Hour." Stephen Greenberg advises families on how to use the access to the equity in their homes with and without monthly payments allowing seniors to

stay in their home. Using the equity in a home can pay for modifications such as remodeling an existing bathroom, adding a bathroom on the first floor, and other safety measures such as changing round door knobs and faucets to levers, toggle light switches to rocker switches just to name a few. This infusion of cash can be used to upgrade the home as well as pay for services in the home.

Linda and Debbie will be discussing their roles as Geriatric Care Managers. We will explain the benefits of hiring a Geriatric

Care Manager; specifically a Nurse/Social Worker team. We will illustrate the savings families can realize by hiring **ElderCare Resource Services**. According to Met Life, working caregivers cost businesses as much as \$34 billion a year, or an average of \$2,110 in reduced productivity. There is enough stress on family members when their relative becomes ill let alone the financial worries. Geriatric Care Managers can help reduce some of the stress by hiring one professional who knows the system to put into place and the best services in a short period of time.

Listen to our show **January 12th 12-1 PM.**

## ABOUT US

**ElderCare Resource Services** is a geriatric care management company co-owned by Linda Sullivan RN, and Debbie Gitner LCSW. Our unique Nurse/Social Worker team are able to provide both psychosocial and medical consultation to our clients. Linda and Debbie work together on each case; Linda is able to answer and explain the medical aspects and Debbie can assist with services. Clients can call either one of us as we always work as a team. We are strong advocates for our clients giving them information to make them better consumers; getting their relative the best care possible. Together we are able to assist our clients and their families with information on Home Care, Assisted Living, and or 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.

## COMMUNITY SERVICES

The Commonwealth of Massachusetts has initiated programs allowing seniors to stay at home longer. For many years seniors in Massachusetts had limited services available to them if they wanted to stay at home. As a result seniors were

being admitted to Nursing Homes because of lack of home services.

Relatives caring for their parent may now be eligible for financial compensation if they care for their relative. In addition, home care and home

health aide services are available both in the morning and in the evening.

Contact your local Aging Service Access Point to see if your relative meets the financial and medical criteria for services.



Members of:  
**The National Association of Professional Geriatric Care Managers**

and

**The National Academy of Elder Law Attorneys**

*"Helping you help your loved ones"*

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## FREQUENTLY ASKED QUESTIONS

### **Q: When should I become legal guardian for my mother?**

**A:** The short answer: If you see that your mother is not properly caring for herself and her home, making poor decisions, putting herself at risk, presenting with signs of memory loss and does not have a health care proxy then obtaining legal guardianship must be considered. A psychiatrist and or medical physician must complete paperwork for a lawyer to present to the courts stating someone is "incompetent." If someone has completed a health care proxy then the attending physician will invoke that, allowing the named agent to make decisions.

### **Q: What is a health care proxy?**

**A:** A health care proxy is a legal document, usually completed with a lawyer and an adult to designate a person to

make decisions for them if/when they no longer can make decisions. The attending physician will decide when to put the health care proxy in effect.

### **Q: What is a power of attorney?**

**A:** A power of attorney allows a designated person to manage the finances. A power of attorney needs to be completed by a lawyer. ElderCare Attorney's specialize in the needs of elders. **Elder Care Resource Services** can help families find an Elder Lawyer.

### **Q: How do I know if my father is depressed?**

**A:** Listen carefully to what he is saying; is they're less optimistic comments, hopelessness, more negative statements such as giving up, life is not worth living, statements about not

wanting to not live much longer, and or unhappiness with his life, those are signs of depression . Look for changes in appetite (usually a decrease in appetite), changes in sleep patterns and changes in daily routine. If you can answer yes to most of these questions then your father is depressed. Depression in the elderly is high. There is something called 'situational' depression related to changes in your father's life causing him to feel sad. Contact your father's physician who can prescribe medications.

**ElderCare Resource Services can provide information/education and resources to our clients and their families so they can make the best choices and or decisions for their relative. Having an aging parent in need of care is never easy. We can help you with your stress.**