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ELDERCARE RESOURCE SERVICES



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"HELPING YOU HELP YOUR LOVED ONES"

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GERIATRIC CARE MANAGERS

Geriatric Care Management is a fairly new field that offers services to Seniors and their families. As the field has grown so has the number of people who identify themselves as Geriatric Care Managers (GCMs). As GCMs we are certified through our National Association. We must complete contact hours to renew our certification. This is important when families hire a GCM.

Last year our National Association completed a branding study. The study demonstrated the unique value of personalized care that we are able to provide to our clients.

Our care plan and goals are personalized and there

are integrated solutions to problems. We not only assist the Senior but also the family. Our services for our clients are driven by the needs of the Senior. We are in the care business, caring for people. We are not a health centric model.

We try to help the family and senior make best decisions and we are able to deliver best solutions so that everyone can live well.

As our organization grows there will be changes this year. Certification of others within our field strengthens our identify and profession.

As a result of the study a new name for our association will be launched in May. The new name will be **Aging Life Care Association**. We will continue to provide the same high standards of care to our clients and will continue to be the experts in aging.

ElderCare Resource Services continues to provide the highest quality of services to our clients by tailoring our solutions for families and seniors. We will continue to provide options and we will continue to provide education to allow our clients the highest quality of life.

ABOUT US

ElderCare Resource Services is a certified aging care management company co-owned by Linda Sullivan RN, CMC, and Debbie Gitter 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 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 Questions and Answers](#)'

NEW REGULATIONS

On December 19th new statewide end of life regulations went into effect. Hospitals, long term care facilities, and clinics must provide information regarding end of life options such as palliative or hospice information to anyone who has a terminal illness or condition with an expected life expectancy of six months

or less. The new law is to allow every adult to the choice of the kind of care they want. Physicians must work in a partnership with their patients to achieve the best possible care knowing a patient's goals, values, and choices. These regulations will help to ensure that people are able to make

good informed health care decisions. Department of Public Health has a brochure, [Know Your Choices: A Guide for Patients with Serious Advancing Illness](#). Also **Honoring Choices** at <http://www.honoringchoicesmass.com/> is another resource of information.



Certified Members of:

National and New England Associations of Professional Geriatric Care Managers

**“Helping you help your loved ones”
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FREQUENTLY ASKED QUESTIONS

Q: My father served in the Armed Forces and was honorably discharged. Is he entitled to any benefits? My father is living at home and has hired people to help him with personal care. This is getting costly.

A: The best place to get the answer is from the VA. In MA contact the local Council on Aging and they can give you the contact information of the local VA office. Make a call to discuss your father's needs. There is some financial assistance depending upon needs and assets. There is also a program called Aid and Attendance that offers financial assistance for some seniors.

Q: My aunt and uncle have named me as their health care agent. They have a son who is disabled. My cousins are upset that I am taking on that role of making deci-

sions. They are asking me if I'm getting paid, if I'm in their will etc. It makes me quite uncomfortable and I feel I'm on the defensive. Any advice?

A: There was a reason your aunt and uncle named you; maybe you visited more often, or you called, or you are the eldest, the closest etc. Remind everyone that it was not your decision but you were asked by your aunt and uncle. They put it in writing with an attorney. You are doing exactly what your aunt and uncle have requested. Unfortunately when it comes to family and possibly money people do become suspicious. Document in a log when you visit, how long, what phone calls you made on their behalf, what you purchased, and when you took them to medical appointments and everything else you do. With a log you have docu-

mentation of your dedicated work for your aunt and uncle.

Q: My mother wants to stay in her home and bring in services. My siblings feel my mother needs to be in a Nursing Home. I am supporting my mother in her decision but my siblings are constantly calling me. I am so tired of talking to them. Any suggestions?

A: Contact a Geriatric Care Manager to complete an assessment of your mother. The GCM can put together a report of what is best for your mother. This report can support the decision to stay home or support a decision to move. A GCM is a professional who has the skills to complete this assessment as well as mediate among family members. Your mother is the client and what is best for her will be in the report. This will help all involved.