



ELDERCARE RESOURCE SERVICES



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"HELPING YOU HELP YOUR LOVED ONES"

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VISION

As we all age our vision changes. There are eye diseases such as cataracts, macular degeneration, glaucoma, and vision changes related to diabetes and Alzheimer's disease. It is important to have an eye exam on a regular basis. With changes in vision, increasing the wattage on light fixtures is important, keeping hallways and paths in the house free of clutter, keeping household products in one location, and removing old medications from the home. The Commission for the Blind offers services to seniors in their home and can make suggestions on adaptive equipment. Also an Occupational Therapist

specifically trained in vision can complete a home evaluation with a list of ideas that can help a senior at home. This is a great service to seniors because this specialty is targeted to seniors in their home.

Studies have show that seniors with dementia have depth perception problems as the disease progresses. Seniors with diabetes need to have their eyes checked more often because the disease can affect vision.

Contact **ElderCare Resource Services** to find out more about an Occupational Therapist or Commission for the Blind.

FILE OF LIFE

When there is an emergency crisis it is always hard to think. When a relative is brought into the emergency room and the physician is asking questions including the list of medications, unless it is written down it is hard to remember. EMT's are trained to look on the refrigerator for a list of medications and other important paperwork such as a health care proxy or names of next of kin. Families should put this information on the refrigerator. There is a document called File of Life that keeps all of the above information in one place. Many agencies offer a File of Life to their clients.

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'

ALZHEIMER'S DISEASE

Providing care to a family member with Alzheimer's disease can be very stressful. There are times the caregiver can feel sad, frustrated, finding themselves loosing patience, and withdrawing from their normal activities. When this hap-

pens the caregiver needs help. The caregiver can have burn out. Statistics show that a caregiver often times dies first because of the stress. It is important for families to realize that providing 24/7 care can be exhausting. A caregiver needs a

break on a regular basis and time for them to recharge their batteries. This can be done through respite, by hiring private help, by other family members taking over, or by joining a support group to meet other people in the same situation.

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 father has always been a difficult person. He has refused to go to the doctor for physical exams and will not talk with me about his health. When I ask him how he is feeling he always answers positively. Should I be concerned?

A: Your father should see a physician at least once a year for a physical exam. Although your father is not showing symptoms of any medical problems there could be underling issues such as high blood pressure or high cholesterol. Sometimes there is nothing that an adult child can do but ask, ask again, and step back. Talk with your primary care physician and ask him/her if your father ever becomes ill will they manage the care of your father. This way you have a back up plan.

Q: My mother insists on staying in

her home and never moving out. I promised my mother that I would never move her out of her house. Now the time is coming when she is not eating well, she is not taking her medications daily, she is wearing the same clothes day after day, and she is just not the same person. Do I have the right to just move my mother out of her house?

A: It is important to seek medical advice to see if there is a medical reason for your mother's change in her ability to care for herself. Speak with the physician about your concern. Services can be brought into the home to help your mother. Sometimes making a move from the hospital to a facility is much easier than going from home. If your mother is competent in the eyes of the

law then you can not move your mother out of her house. If you feel your mother is unsafe at home then seek professional advice from an elder law attorney, Geriatric Care Manager, and your mother's attorney. With a team of people working with you, any move will be easier.

Q: My father is 84 years old with high blood pressure. He insists on getting on a ladder to cut down the bushes. He refuses to pay a gardener. He refuses to see himself as older. This is a constant battle between us. I feel he should hire help and he feels he can still do it. What can I do?

A: This is a challenging dilemma for many adult children with their parents. There is no right or wrong answer. Your father has the right to make decisions for himself even if it puts him at risk of a fall. Try to stay close to him when he is on a ladder.