



ELDERCARE RESOURCE SERVICES



INFO@ELDERCARERESOURCESERVICES.COM
WWW.ELDERCARERESOURCESERVICES.COM
"HELPING YOU HELP YOUR LOVED ONES"

JULY 2007
A FREE PUBLICATION ON ELDER ISSUES

ABC'S OF ELDERCARE

Linda and Debbie teach a course at Assabet Adult Education on the ABC's of ElderCare. Recently we presented the same material at a law firm in Boston providing education to their employees during their lunch.

The class provides information on Medicare, Medicaid, HMO's, and Home Care options of which there are many to choose, and home safety issues.

Included in the course is information on Assisted Living, Nursing Homes, & Rest Homes; when is it time to make the move, what questions to ask, and how to decide one from the another.

Hospice services are also addressed.

Included in the ABC's is the importance of obtaining elder legal services plus the necessary documentation to protect the senior.

We have taken our course on the road with great success.

If you are interested in having us come to your company, please give us a call.

New Office: We are proud to announce the opening of our second office at 14 Arlene Drive in Framingham 01701. Our telephone numbers have stayed the same; 508-879-7008.

SENIOR SCAMS

There are many people who target the elderly. Beware.

It is very easy for a senior to befriend someone who they may want to help. Before long the senior has been scammed and the so-called friend is not a friend. Watch where the money is going. Organizations that know people donate will call again and again and sometimes the senior will forget they just gave and will give again and again.

Companies may call and strongly suggest that the Senior needs siding, yard work ,etc.

It is very important to continue to educate your senior on scams. They happen so quickly and seniors are often an easy target.

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.

SUPPORT GROUPS

There are many support groups available to help families cope with the changes in their lives. Sometimes the pressure of caring for someone can make a spouse or a daughter or a son feel all alone. For example Alzheimer's disease and or

Parkinsons disease groups runs support groups to help family members.

Joining a support group can give someone education on a specific disease, the feeling that you are not alone, validation that you are doing the right

thing, a place to go to vent, and meet new friends.

If anyone is interested in joining a support group contact **ElderCare Resource Services** or the local chapter of a specific disease.



Member of:
The National Association of Professional Geriatric Care Managers

"Helping you help your loved ones"

Info@eldercareresourceservices.com

*Linda Cell: 508-958-8967
Debbie Cell: 508-733-3964*

*Phone: 508-879-7008
Toll Free: 866-280-2308
Fax: 508-405-0963*

*ElderCare Resource Services
29 Gano Road
Marlboro, MA 01752*

FREQUENTLY ASKED QUESTIONS

Q: I know it is time my mother has a Lifeline type service but she will not accept it because she 'is not old.' How can I convince her?

A: Your mother may not want others to see that she is wearing a pendant or has an item to identify her as having the service. Tell your mother that she does not have to wear the pendant out of the house. This is to be worn only in the home. Your mother wants to be seen as young so it may be important to your mother to maintain an image. Give her options on when she can wear it. Maybe that will help.

Q: The caseworker at the hospital is not giving me time to tour Rehab settings for my mother. Do I have to go to the Rehab that she is recommending?

A: No you do not have to go to the Rehab that the caseworker is suggesting. You do have rights. Time is of the essence. You have the right to tell the caseworker that you want to tour the facilities and will have an answer as to which rehab by the end of the day. Many times the caseworker will make a comment that the insurance will no longer cover. There is an appeal process and you have the right to turn down a rehab for a good reason.

Q: My parents are considering a stair lift in the home but the cost is so expensive, any other ideas?

A: There are two options; the first is to ask the Stair Lift company if they have any reconditioned lifts. These have the same guarantee as a new lift. The lift was once in someone's house

who no longer needed it. The other option is to redesign the downstairs so the bedroom can now be on the first floor with a bathroom. Widen the doorways, if necessary, to accommodate a wheelchair. There are companies that can come to the home to discuss these options and give you a quote on what the design will cost.

Q: If I hire a Geriatric Care Manager can you individualize the care for my mother and father and help relieve me of my stress?

A: Yes. A Geriatric Care Manager can design individualized care for your mother and your father by putting together a plan of care. A Geriatric Care Manager has the knowledge to know the resources, saving family members time. They can also be of huge support as the care of your parents changes. Call **ElderCare Resource Services** to discuss your parents' needs.