



ELDERCARE RESOURCE SERVICES



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"HELPING YOU HELP YOUR LOVED ONES"

JUNE 2005
A FREE PUBLICATION ON ELDER ISSUES

THE EMOTIONAL TOLL

Caring for an elder relative can be quite emotional. Many issues arise when decisions have to be made. Family members disagree among themselves causing rifts in families. Added to that, the senior still feels that they can make decisions and will not give up control.

This situation occurs all the time. We can recall a family member calling us just to vent. How were they ever going to handle all that was involved with their mother who was showing early signs of memory loss. In this situation the daughter felt quite guilty that she could not do more but she was already working full time

with two children in college. She could not afford to take off the time to be with her mother. Also in this situation the daughter promised her mother she would never ever put her in a Nursing Home.

ElderCare Resource Services spent time with the daughter discussing her role and what she could and could not do. We hired an agency to assist in the home relieving the daughter. A plan was set up for the present with ideas in place for when mom needed more care. Once the daughter had a plan she felt better and not so overwhelmed.

LEGISLATION UPDATE

The Commonwealth of Massachusetts legislature has proposed legislation that would repeal the amount of money the community spouse may keep in the bank if their spouse is in a Nursing Home. The proposed legislation would allow the community spouse to keep \$90,760. For example the total combined assets of a married couple was \$90,000. If one spouse required nursing home care the community spouse could keep all the savings and apply for Mass Health immediately. Right now the money would be divided leaving the community spouse with only \$45,000. We'll keep you updated on the legislative vote.

ABOUT US

ElderCare Resource Services is a geriatric care management company co-owned by Linda Sullivan RN, and Debbie Gitner LCSW. We provide both emotional and medical information to our clients. This provides clients and families with a powerful team. Many families have questions about the health of their relative that Linda is able to answer. In addition families need the support and advocacy of a Social Worker. Together we are able to assist our clients and their families with information on Home Care, Assisted Living, or Nursing Homes. Linda and Debbie have both have over 30 years each working with the geriatric population. This wealth of information is shared with our clients. We are able to educate our families to be the best consumers for their relatives. Give us a call if you have any questions about our services. We'll be happy to chat with you.

ALZHEIMER'S DISEASE

Alzheimer's is a disease not a normal aging process. As of yet there is not one single test for Alzheimer's disease. The diagnostic process includes a complete examination by a neurologist. The ten warning signs for Alzheimer's :1.Forgetting

recently learned information. 2. Difficulty performing familiar tasks. 3. Forgetting simple words or substitutes unusual words. 4. Forgetting where they are how and how they got there. 5. Poor judgment. 6. Problems with abstract think-

ing such as balancing a checkbook. 7. Putting items in usual places such as an iron in the freezer. 8. Rapid mood swings. 9. Change in personality such as suspicious or fearful. 10. Loss of initiative such as not wanting to do usual activities.



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: How do I compare one Nursing Home with another? They all seem to provide the same care?

A: Most Nursing Homes do provide the same care; that is nursing, physical therapy, occupational, speech, social work, and activities. What makes one different than the other is the staffing, the department heads, (how long have they worked together), and the interaction between staff and residents. Finding the right Nursing Home can be difficult. It is important to consult with an expert so the right match can be made.

Q: My father continues to drive and will not give up his license. I feel that he is not safe on the road.

Q: Discuss your opinion with his primary care physician. The physician can contact Department of Motor Vehicles to have

your father's license pulled. If your father shops and does other errands put in place how the shopping and other errands will get done. Will you be able to provide those services or do you need to hire someone. **ElderCare Resource Services** can help arrange services in the home.

Q: My parents own their own home however my mother has early Alzheimer's disease. She will probably need Nursing Home care. Can I put the house in my name to protect some assets?

A: It is most important to seek legal advice on this issue. There are many rules and regulations regarding transfer of property. You should speak with a lawyer that specializes in 'elder law.'

This is their area of expertise. A lawyer can advise you of the current laws regarding transfer of property. **ElderCare Resource Services** can provide a list of reputable, dependable lawyers that specialize in elder law.

Q: My mother just went into the hospital and I feel completely overwhelmed with all the information the hospital case manager is giving me. I also felt that they want my mother out of the hospital ASAP.

A: The hospital case manager must work quickly because patients do not stay in the hospital for very long. **ElderCare Resource Services** can help you in this crisis and follow up once services are in place. Our company provides both nursing and social work services which is an advantage over other geriatric care managers. Call us and we'll help.