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ELDERCARE RESOURCE SERVICES



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"HELPING YOU HELP YOUR LOVED ONES"

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CHANGES TO OUR ORGANIZATION NAME

Our National organization has been renamed. The new name will be known as Aging Life Care Association™ or ALCA. The new name went into effect May 1, 2015. We are still the same organization but with a new name. Some Geriatric Care Managers are now calling themselves Aging Life Care Specialists, Aging Life Care Professionals™, Aging Life Care Experts or keeping the name Geriatric Care Manager.

With the renaming of the organization there is a focus on identifying us as certified professionals. We provide the ability to follow our clients through the continuum of care models; from home to Assisted

Living to Nursing Home. Case Management is often in one setting; i.e. hospital, doctor's office etc.

Our organization has a code of ethics and standards of practice that all members follow.

Every member is certified. They must meet certain requirements with a degree and supervision to obtain a certification. Continuing education is required to maintain our certification.

Aging Life Care members can provide an assessment, advocacy, education, and information designed for the client. We continue to problem solve as issues arise.

ElderCare Resource Services continues to provide the highest quality of care management to our clients; as we have been doing all along. We will begin to refer to ourselves as Aging Life Care Managers.

Check out our national organization at www.aginglifecare.org.

There are a number of interesting articles and updates posted to our national website. This is also a way to locate another expert in other states.

On the local level there is the Aging Life Care Association—New England Chapter.

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](#)'

SUMMER TIME

Summer is finally here. What a long and snowy winter it was. Although we do not want to think about winter, this is the time to start planning.

There are 24 weeks until Thanksgiving. Now is the time to purchase a generator for the home, make repairs to the home, or begin to consid-

er other options. Some Assisted Living facilities offer a respite program. A Senior can move into a furnished apartment for one month or more to try it out. What better time than the winter with snow on the ground? This provides families with peace of mind; their relative is in a safe place that pro-

vides three meals a day and people overseeing their care. Take tours of facilities, go for a meal, visit more than once, attend an activity to help make the decision on which Assisted Living best meets the needs of your relative. Then decide on a month to try it out.

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 mother does not drink enough liquids and with the heat I worry she will become dehydrated. Any suggestions to keep her drinking more?

A: Popsicles are something most people enjoy and is full of liquid. Jell-O is another option. Gatorade replaces electrolytes. Sometimes laziness stops someone from getting up to drink so keep a large cup with a lid and straw filled with fluid next to where they sit. Sometimes it's not wanting to go to the bathroom often that stops someone from drinking. If there is urinary leakage talk with the primary care physician; there are medications that can help.

A: Q: My father is caring for my mother at home who has Parkinson's disease. My mother's memory is affected and she is extremely stiff when she stands. It

is becoming more difficult for my father to get my mother out of bed. My father will not put my mother in a Nursing Home. Should we purchase an electric bed to make it easier for my father?

A: There is a bed by a company called Next Health. They make a bed that has a conveyor belt technology so the bed does the lifting. It is different than an electric bed; the Next Health bed is able to have someone go from bed directly into a wheelchair with just a one person touch. In MA Next Health is in the process of becoming part of a plan of care through the Waiver Program. The bed is rented. This company does stand by it's product and service is available 365 days per year. It will allow your father to continue to keep your mother at home.

Q: My parents want to downsize from their house but not move into a community with seniors who need help. My parents are still active, volunteer, travel, and are not slowing down. Any suggestions?

A: There are some 'independent' communities that offer that independent living style. There are activities if your parents choose to join and meals available should your mother not want to cook. Many settings offer a garage for the car. These settings are for the active person who no longer wants to maintain a home. Many people no longer want to spend money on repairs, snow removal etc. Contact a Geriatric Care Manager/Aging Life Care Manager for advice on communities. www.aginglifecare.org