

To receive your newsletter via email send a request to [eldercarerresource@hotmail.com](mailto:eldercarerresource@hotmail.com)



ELDERCARE RESOURCE SERVICES



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

JUNE 2016  
A FREE PUBLICATION ON ELDER ISSUES  
TEL: 508-879-7008

### SUMMERTIME

Summer is here and the weather is already heating up. The summer heat can be dangerous for some Seniors who do not feel warm. Approximately 175 people die each summer from extreme heat per the National Weather Service Forecast. When someone does not feel warm they keep the windows closed on a hot day and do not drink enough fluids. They also keep a sweater on their body and do not drink extra fluids.

Some Seniors do not feel it's necessary to put on the air conditioner.

During the summer months drinking extra fluids is very important.

Fluids do not always need

to be in the form of drinking something liquid. Popsicles and jello as well as fruit like watermelon, cantaloupe, berries, tomatoes, green leafy vegetables contain a lot of liquid. Add those items to the shopping list or bring some over as a present. Then on conversations ask if they have eaten the items you brought over.

For anyone on antipsychotic medications when it is hot and humid they are more at risk of developing a higher than normal body temperature or hyperthermia.

Symptoms of heat stroke are: rapid pulse and heart-beat, agitation, confusion (change), rapid shallow breathing if they are moving

and slow and deep breathing if they are not moving, lethargy, coma, and high temperature over 102 degrees. Someone does not have to have all these symptoms but any changes during the summer heat is cause for concern and a call to the doctor or a trip to the ER may be required.

If someone is having a birthday in the summer and concerned about the cost of electricity then consider as a birthday present paying the electric bill for July and August if it will keep the air conditioning on in the house.

### ABOUT US

**ElderCare Resource Services** is a certified aging 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 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](#)'

### ASPERGER'S IN SENIORS

Asperger's disease is being diagnosed more frequently as there is more awareness. For some seniors that were considered eccentric or loners now that they are seeing physicians and requiring care there is an awareness of the disease. Many people do not like to be touched, have a low frustration

tolerance, difficulty discussing emotions, black and white in thinking, needing to have order in their life, not open to changes in systems etc. If someone is diagnosed with Asperger's it is important for everyone to know the diagnosis such as hospital staff, home care agencies, and everyone who comes

in contact with the Senior. Also include best approaches and techniques such as — .understand the crankiness as part of the disease and something that may not be able to be changed.



Certified Members:

Aging Life Care Association

## MEDICATIONS

It seems almost everyone time there is a doctor's appointment there is a change in medications. The specialist may want to tweak a medication or take something away or add something more. The primary care physician is another set of eyes and sometimes makes a change. When there is more than one doctor it is important to make sure all physicians know what the other doctor is doing. Sometimes a quick phone call, or a fax, or an email is a quick way to communicate medication changes by a physician. This way the information is given to the other physicians when the change is occurring with the correct date of the change.

Some computer systems allow physicians to see other notes from doctor's but not all computer systems communicate with one another. When physicians do not see

notes from other physicians is when there is a potential problem. One doctor may be prescribing something by phone not knowing there was a change in another medication. Not having that information could have negative effects.

In addition when there is a change in dosage please discard the old pill container. When there are multiple pill containers with different dosages it is easy to take the pills from the incorrect bottle. If the pill containers are removed and discarded there is no chance of an error.

Throw out and review pill boxes in the house after someone has a medication/dosage change from a physician, home from the hospital and or home from a rehab setting. At those time there is a high probability that medications were changed.

Many Police stations have a depository for old medications. There is no fee to dispose of medications.

It is also just as important to put a current medication list on the refrigerator. When putting a current medication list on the refrigerator put on a date. EMT's always go to the refrigerator for a current medication list and other important information. This is where names of family members and telephone numbers should be kept. Also personal wishes, allergies to medications, and which hospital is preferred along with other information should also be placed on the refrigerator.

Consider giving a family member a current medication list for their records. In case someone is sent to the ER and the medication list is not taken by the EMT's a family member can inform the medical staff in the ER the current meds and allergies.

## FREQUENTLY ASKED QUESTIONS

**Q: My mother is not happy in her Assisted Living. They are trying to please my mother and I am not sure if I should move my mother or if it's my mother. My mother complains about the food and the people in the facility. When I speak with the staff they tell me my mother is involved in the activity program and is engaging and involved in the community. Every time I visit my mother she complains to me. I feel like I should be doing something but I do not know what to do?**

**A:** Ask your mother about some of the activities she enjoys, spend a meal with your mother and try the food. Show support and let your mother talk about her real issues and ask your mother if she misses her home. It is possible that your mother misses her house and as good as the Assisted Living is it is not 'home'

that she grew up in for years. Consider hiring a Social Worker (therapist) who can meet your mother and allow her to talk about her feelings. This will give your mother someone to talk with and help determine the issues.

**Q: My brother has always been dependent upon my parents financially and emotionally. My brother was diagnosed with schizophrenia many years ago. As my mother's health is changing she asked me to oversee my brother. I am now sending him checks, talking to his therapist, going to the hospital when he was recently admitted and coordinating services. Is there someone who can help me with this role?**

**A:** Yes, consider hiring a Geriatric

Care Manager and or Aging Life Care Specialist who has worked with clients similar to your brother's needs. That person will know the resources available to help navigate the system, be a support to you, and also be liaison with facilities and physicians. That person can also follow up to confirm that your brother is taking his medications. Visit the site <http://www.aginglifecare.org/> to find a certified Life Care Specialist near you.

When hiring anyone to advocate, assist, or as a consultant make sure they are certified in their field. As part of our national organization everyone listed is certified with credentials that have been checked.