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ELDERCARE RESOURCE SERVICES



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"HELPING YOU HELP YOUR LOVED ONES"

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A FREE PUBLICATION ON ELDER ISSUES
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SENIORS AND SCAMS

We all receive phone calls from agencies looking for donations and we all receive phone calls from companies looking to do repair work. Other calls ask us our personal information and some calls can scare people into thinking a loved one is in trouble and money needs to be spent to get the family member out of trouble.

For Seniors the computer is new and it is easy for this audience to be a target. For many Seniors, when they receive a call or email that there is trouble with their computer believe what is being said.

Seniors need to have a list of what **not** to do near their computer.

On that list:
Do not open emails or attachments from unknown senders.

Look at the email address before anything is opened. If it is not a familiar address; throw it away by deleting it.

Do not give anyone your credit card number to fix your computer remotely unless you know the person/company.

Create strong passwords that will be remembered.

Do not leave your computer on at night; Log out of apps and shut it down.

Do not think what you are able to see on Facebook is just for you. Everything that is on Facebook such as pictures and personal information can be found by hackers.

Do not leave the computer without up to date antivirus software and remind family the cost of the

software is priceless.

Do not just jump and quickly respond when someone calls that you do not know. Pause, take a breath and call a family member if something sounds fishy. Ask the person for their name and telephone number (often times they will hang up)

Learn to "Lock Down Your Login" at www.lockdownyourlogin.com. For more information about two-step authentication, go to www.turnon2fa.com.

Computers are part of our every day world but it is important for people using computers to be safe and not be scammed.

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 IS COMING

With summertime just weeks away now is the time to get houses ready for the heat. Check on the air conditioner and be sure it is working, also make sure the ice maker is working or that the ice cube trays are full.

Go through the closet and make sure the summer clothing is easily accessible to reach. Cotton fabrics are best.

For Seniors that like to work in the garden or go for walks or just sit outside make sure they have a reusable water bottle that can go outside, and they are reminded to drink. It may take many conversations to get someone to drink more frequently, but the risk of dehydration is high in the summer.

Many Seniors cut down on liquid

intake and become dehydrated. Dehydration can cause excess risk to the cardiovascular system, kidneys, and other heat related illnesses.

Check the side effects of medications—some can cause a sensitivity to the sun. Minutes in the sun and someone might get sunburned.

Wear sunscreen.



Certified Members:

Aging Life Care Association

FAMILY CAREGIVERS— ALZHEIMER'S ASSOCIATION— CONTACT YOUR US SENATOR

Per the Alzheimer's Association it is predicted that 16 million Americans will have Alzheimer's disease by 2050, with more than 5 million living with it now.

With the population increase in this disease the cost is estimated to increase from \$259 billion in 2017 to \$1.1 trillion in 2050. These costs can cause families to go bankrupt and have negative consequences on our health care system.

Per the Alzheimer's Association every 66 seconds someone develops the disease and by 2050 it is estimated someone will develop the disease ever 33 seconds.

Besides the financial burden, Alzheimer's puts an emotional burden on caregivers and family. As caregivers' stress increases it can cause things like depression. As a caregiver their medical issues can exacerbate or the stress can be a

direct explanation for many diseases to start; i.e. high blood pressure etc.

Many people have had to take time off from work; some paid and others unpaid time off for medical appointments or to be a hands on caregiver when someone does not show up at the house to provide help, or when there is an emergency hospitalization.

The Alzheimer's Association needs our support. There is a bill in Congress called 'The RAISE Family Caregivers Act ([S. 1028](#))'. This bill will create a national strategy to address long term supports, education, services, financial stability and security to caregivers.

"In summary this bill will improve assistance for family caregivers which will have a positive impact on caregiver health and well-being and will result in a higher quality of care for their loved one."

This bill is endorsed by The Alzheimer's

Association. If you want to read more about this bill please go to the Alzheimer's Association website or google The RAISE Family Caregivers Act.

What is needed to get this bill through Congress is to contact your US Senators and Representatives to support this legislation. A call to your Senator's office just stating that you are in support of this bill is what it takes. You do not need to talk with your US Senator but leave word in the office that you support the bill. US Senator's keep track of phone calls; in favor of a bill and not in favor of a bill.

Together we can make a difference for people who have Alzheimer's now, and for those who will develop the disease in the future.

FREQUENTLY ASKED QUESTIONS

Q: My parents have help in the house 24/7 since my father was hospitalized and returned home. He is doing better and we would like to cut down on the help but not sure how to begin this process. My parents have become psychologically dependent on the care but my siblings and I feel they can do with less help. What suggestions do you have to begin to cut down on help?

A: If the care is for your father think about his daily schedule and night time habits. If he is sleeping through the night then you may be able to begin there. If he is awake throughout the night going to the bathroom and the aide is with your father then consider cutting daytime hours. You can have the aide complete an hour by hour assessment of your father's needs. If your mother is in the house able to make meals and

your father can get to the bathroom on his own then have someone come in for morning care and then come back for evening care. Then they have privacy thorough most of the day Cut slowly, get comfortable with the hours, and then cut more.

Q: My mother is hard of hearing and refuses to wear a hearing aide. Are there any other devices that can be helpful? Also, my mother cannot hear me on the phone; I can tell by the answers she gives me.

A: If you google amplifiers then you can read the reviews and try that as an option. Most Seniors do not like ear buds and we recommend a headset over the ears. Closed Captioned phones will print out what someone is saying on the phone. There is a bit of a delay and most people get used to the

delay but some people who want everything immediate do not like the delay. Your words would be on display for your mother to read. The company is called Caption Call.

Q: My father was hospitalized and I was told he had stroke a few days previously. The hospitalist is eager to discharge my father to a rehab facility. I am asking for more testing and scans before he leaves. This has been a battle between myself and the doctor. Can I ask for another doctor?

A: Yes you can ask for another physician. You may need to contact the patient advocate to make this happen. They are employed by the hospital to listen to problems, concerns, and issues They're role is to support families and resolve problems. They can make it happen.