



# ELDERCARE RESOURCE SERVICES



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"HELPING YOU HELP YOUR LOVED ONES"

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A FREE PUBLICATION ON ELDER ISSUES

## TIDBITS ON ASSISTED LIVING

Assisted Living facilities are able to offer services in an upscale and homelike environment. The units are usually one room with enough space for a bed and some furniture. Some locations can even offer a bedroom and a sitting room.

The fee for Assisted Living varies according to the private space. In addition there may be charges for other services such as assistance with bathing, grooming, dressing, medication services, nursing services, etc. It is very important to ask the Assisted Living staff about all possible additional fees.

There are open areas for activities and socialization.

There is usually a hair dresser that comes in regularly.

In Massachusetts the Assisted Living facilities do not have regular state surveys similar to Nursing Homes. There are no performance reviews so it is up to the consumer to compare Assisted Living facilities and to ask the right questions. Finding the right one improves the quality of life for your relative. Finding an unsatisfactory one can have negative consequences for everyone.

**ElderCare Resource Services** can help you locate the best Assisted Living environment for your relative.

## HOSPICE UPDATE

Hospice is no longer only for patients with cancer. Hospice is able to provide end of life care for people with many diagnoses including Alzheimer's disease, Dementia, Parkinsons, and Stroke.

Hospice has an expertise in pain management. The care involves a nurse, social worker, volunteers, medical director and home health aides. They are able to provide supportive and emotional care, and spiritual support to everyone involved.

**ElderCare Resource Services** has arranged for hospice for some of our clients. We can provide you with additional information. Just give us a call.

## ABOUT US

In less than one month it will officially be spring. With the winter we've had, spring can not come soon enough. In the spring bulbs start to come up, we start to see grass, and the sun is brighter.

It is also an opportunity to re-assess your relative's needs. Are they receiving all the services possible? Am I doing enough for my relative? What additional services are available to my relative? These are questions that **ElderCare Resource Services** are able to answer. We can talk with you by phone about your relative or make a home visit. **ElderCare Resource Services** is familiar with community supports, can arrange for additional support, and can assess for safety reducing the risk of an injury to your relative. Linda Sullivan, RN, and Debbie Gitner LCSW work together on each case. Our nursing and social work experience are a winning combination to you.

Give us a call and we'll help you out.

## SAFETY MEASURES IN THE HOME

It is important to keep your relative's home as safe as possible. If your relative is at risk of a fall remove all scatter rugs. This is the easiest way to make the area safe. If the floor is hardwood, purchase a Rubbermaid mat. The mat does not allow

your relative's foot to glide on the floor. Lighting is also very important in the home. Replace all light bulbs and find lights that are high in wattage. There is one company that has created a headlight for walkers. If

your relative gets up in the middle of the night the headlight might be a good idea. For a home evaluation and other ideas, call us so we can schedule a personal home visit and assessment.



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 know when I should give you a call?**

A: Anytime is the right time. If you thinking about needing some additional help or have questions, this is the time to call. We can help you determine if our services are needed now.

**Q: Can you help find services for my father in his home?**

A: Yes we can. We have a number of agencies that we can recommend that are able to provide as little as 2 hours or up to 24 hours.

**Q: My mother does not trust me and will not talk with me about her finances?**

A: This is always a tough situation. Your mother has always been in charge and wants to stay in charge. One suggestion is to have us come in as "experts"

and privately discuss with your mother what the positive benefits are to having her daughter know what is going on. There are times that family will listen to an "expert" rather than family.

**Q: My mother needs to go into a Nursing Home but she does not have any money, can my mother go into a Nursing Home without being able to pay the high costs?**

A: Yes your mother can go into a Nursing Home. Mass Health or Medicaid will pay 100% of the cost of Nursing Home fees, medical expenses such as labs, x-rays, ambulance fees and prescriptions as well as payment to physicians. **ElderCare Resource Services** is able to start the Mass Health application and stay involved until approval. In addition there are

lawyers that we could recommend to assist. We can also explain the Medicare benefit.

**Q: My parents are still alive and living together. When I visit with my parents my mother cries often and she's not sleeping at night. Could she be depressed?**

A: Your mother could be showing signs of depression. She could also have an infection such as a urinary tract infection. Studies show that when an elderly person has a urinary tract infection it can affect their personality. It is important to take your mother to her physician for a medical work up. Depression is very common in the elderly. They can not do what they did in the past. There are a number of medications to help with depression with very little side effects.

We'll be happy to answer any questions.