



# ELDERCARE RESOURCE SERVICES



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"HELPING YOU HELP YOUR LOVED ONES"

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## HOME CARE

Most seniors want to stay in their home as long as possible. No one says, "I want to go to a Nursing Home." But as people age there is a natural slowing down of the body. Things that could be done in 10 minutes now take 30 minutes. With that in mind some people need help with things they could once do themselves. There are agencies that can assist with personal care and or assist with home care needs such as cleaning, cooking, and shopping. No one wants to admit to themselves that they are no longer young and can not do the things they once did any more. All communities offer limited services for people with

lower income. Call the Council on Aging in your area. If someone does not qualify for low income services or needs more than the town/city can provide then it is important to seek out private home care companies. There are many and **ElderCare Resource Services** can help families find a home care company in there area.

When talking with any agency it is important to find a good match for the senior. Remember your relative is allowing a stranger in their home. They need to get along. If personalities clash then notify the agency and make a change.

## UPCOMING PROGRAM

The Alzheimer's Association is offering a program especially for family caregivers. The program will provide information about how to get a diagnosis, understanding and addressing difficult behaviors, communication problems, and how to find and what to expect from local resources. This program is being presented by Judy Sabol at The Kennedy Senior Center at 117 East Central Street in Natick on Monday March 10, 2008. If you are interested in attending please call 800-272-3900. This program is free of charge. A light supper will be provided by the Metro West Alzheimer's Partnership.

## ABOUT US

**ElderCare Resource Services** is a geriatric care management company co-owned by Linda Sullivan RN, and Debbie Gitner LCSW. Our unique Nurse/Social Worker team are able to provide both psychosocial and medical consultation to our clients. Linda and Debbie work together on each case; Linda is able to answer and explain the medical aspects and Debbie can assist with services. Clients can call either one of us as we always work as a team. We are strong advocates for our clients giving them information to make them better consumers; getting their relative the best care possible. Together we are able to assist our clients and their families with information on Home Care, Assisted Living, and or Nursing Homes. Linda and Debbie each have over 30 years working with the geriatric population. Now is the time to plan for the future. Call us today if you have a question about our services. We'll be happy to chat.

## AFTER THE LOSS

After the loss of a family member listen to your heart and do what feels right. Spend time with people who can accept your sadness. Friends who care want to be helpful but do not always know how. Give yourself time. Everyone grieves in

their own way. Seek out people who will allow you to talk; this can be friends, family or clergy. This is most therapeutic.

Close family and good friends will listen.

Remember to take care of yourself; which in-

cludes eating right, exercise, and getting rest.

If at anytime your daily routine has changed, you find yourself crying and depressed—there are bereavement support groups. Call us and we can help find one for you.



Member of:  
**The National Association of Professional Geriatric Care Managers**

*"Helping you help your loved ones"*

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## FREQUENTLY ASKED QUESTIONS

**Q: My mother is feeling better and back to her routine. She was sad with some tearfulness. She was started on an antidepressant. She no longer thinks she needs to take the antidepressant, should I take her off her medication?**

**A:** Before you take your mother off her antidepressants speak with her physician. Some antidepressants need to be weaned off slowly otherwise there could be some serious side effects. Keep in mind that the sadness went away because the medication is working. If your mother is taken off the antidepressant and again feels sad she will probably need a higher dosage the second time on the antidepressants.

**Q: My parents do not want to move from their home but they will not accept any help. They are barely getting by and I feel that they are**

**unsafe at home. Can I force my parents to accept help?**

**A:** No you can not force your parents to accept help. They will sabotage the help, complain and fire the help. You need them to accept the help. Speak with their physician and see if he/she will talk with your parents or hire a Geriatric Care Manager to evaluate and talk with your parents. See if there is room to compromise both from your parents viewpoint and from yours. Approach is very important allowing your parents to feel that they are still in charge making decisions.

**Q: How do I know when it is time to move my mother to an Assisted Living?**

**A:** There is not one specific reason but it is a culmination of many things. For

instance the minute your mother is not properly taking her medications showing an increase in memory loss, not eating properly and having difficulty preparing meals, not performing washing, dressing, and grooming as she once did, slower and the need for more monitoring are all good reasons to move your mother to an Assisted Living where there are services and people around. **ElderCare Resource Services** can complete a home safety evaluation, psychosocial assessment, and medical assessment to determine if your mother is safe at home. Sometimes there are resources available so your mother can stay at home and other times it would be in your mother's best interest to move. We can also help with finding an Assisted Living, and be a support in making the move happen. Call us if you have any questions or wish to discuss your mother's situation.