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**ELDERCARE RESOURCE SERVICES**



**INFO@ELDERCARESERVICES.COM**  
**WWW.ELDERCARESERVICES.COM**  
**"HELPING YOU HELP YOUR LOVED ONES"**

**MARCH 2015**  
**A FREE PUBLICATION ON ELDER ISSUES**  
**TEL: 508-879-7008**

### **METRO WEST ALZHEIMER'S PARTNERSHIP**

The Metro West Alzheimer's Association has arranged for Greg O'Brien to speak about his diagnosis of Alzheimer's Disease.

Greg O'Brien was diagnosed with early onset Alzheimer's disease and presents a program describing in personal terms what this means, how it has affected his life, and how he copes.

Greg describes what his day is like with humor and with feelings of sadness.

Greg was interviewed on Chronicle last year. He has written a book called "On Pluto" which he will bring with him to autograph.

There will be time to ask him questions.

In 2009 Greg was diagnosed with Alzheimer's disease at the age of 59 years old. His mother encouraged him to write the book.

Greg has discussed his bouts of rage when interviewed on NBC.

Greg was a reporter for 40 years. Once he decided to write his book he began to write down his thoughts from inside the mind of someone with Alzheimer's disease.

Greg presents what it is like to have the disease from the heart. He captures everyone as he describes his current life.

In a recent interview Greg stated that 60% of his memory is gone within 30 seconds. It has not been an easy journey to get to this place.

Come here Greg O'Brien speak on April 11, 2015 at **The Callahan Senior Center** at 535 Union Ave in Framingham.

**9-9:45** there will be interactive demonstrations with ideas on activities.

**10 - 11:30** Greg speaks and answers questions.

**RSVP** to 508-532-5980

### **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'

### **SAFETY IN THE HOME**

Everyone wants to stay in their home. Most people with memory loss feel they are good decision makers.

One question that we often ask our clients who are at home; if there was a fire what would you do? We also ask if someone broke into your home what would you

do?

If the answer is call 911 followed by sequential statements there is safety awareness. But if the answer is, I'll take a towel and put it out, or I'll go outside, or I'll call my daughter, or other similar statements then there is concern about safety at

home.

We also consider the person; can they call 911, do they know how to operate a phone and give their address? If the answer is no and they live alone there is real concern about safety in the home.



Certified Members of:

**National and New England Associations of Professional Geriatric Care Managers**

**“Helping you help your loved ones”  
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**info@eldercareresourceservices.com  
www.eldercareresourceservices.com**

**Linda Cell: 508-958-8967  
Debbie Cell: 508-733-3964**

**Phone: 508-879-7008  
Toll Free: 866-280-2308  
Fax: 508-405-0963**

**ElderCare Resource Services  
29 Gano Road  
Marlboro, MA 01752**

## **FREQUENTLY ASKED QUESTIONS**

**Q: My husband was diagnosed with Parkinson's disease about 10 years ago. Over the last year I see significant changes. He is having more trouble getting dressed, he is slower in his movements, and a few times I saw him nearly fall. What should I be doing for him?**

**A:** Talk with the neurologist about a new medication called Rytary that was recently approved by the FDA. It may not be beneficial for everyone and as with all medications there are side effects. Also, if it's been awhile since your husband had Physical Therapy ask the doctor for an order for Physical Therapy. Some gyms have a Parkinson's Disease program. This allows your husband to meet others with the disease and stay as active as possible.

**Q: My wife is in a Nursing Home that is not providing good care. I**

**have spoken with the Director of Nurses but she is unable to correct all the problems. My wife has been overmedicated to the point that she is not eating or drinking properly. I was told by the staff that there was a medication error and she was given too much of one medication. My wife is sleeping all the time and unable to wake up when her name is called. What is my next step?**

**A:** Speak with the physician to discuss the medications and your concern and observations. Ask how long it takes for medications to be flushed out of the system. You can speak with the Administrator at anytime . Hire a Geriatric Care Manager to assist you. A Geriatric Care Manager can be your wife's advocate by reminding the facility of what is allowed and allowable,

can read the medical chart, can talk with the staff, and can help you find another facility for your wife if that is the best option. If you feel you have given the facility appropriate time to correct the problems then you should consider contacting the Department of Public Health in your state to report what you have observed. They will come in and investigate.

**Q: I am my sister's health care agent. I know my sister's wishes. When do I take charge?**

**A:** The decision to have you make decisions on behalf of your sister will be made by a physician or a Nurse Practitioner. There will be a note in your sister's medical chart stating the health care proxy is invoked due to a diagnosis. Going forward you will be the contact person and decision maker.