



# ELDERCARE RESOURCE SERVICES



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

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A FREE PUBLICATION ON ELDER ISSUES

## ALZHEIMER'S DISEASE

Alzheimer's is a progressive disease that affects one's ability to care for themselves. As the disease progresses a person will lose the ability to wash, groom and dress and eventually eat.

It is important to have a complete medical work up if you suspect a relative may be showing signs of memory loss. A complete medical work up will include thyroid tests, B12 deficiency and other labs to first rule out other causes. Included in this work up should be an audiologist examination. It is possible that someone with hearing loss may appear to others as memory loss.

Once the primary care physician has completed their part in the work up the next step is to see a neurologist.

Sometimes the hardest thing is to convince a relative to see a physician. A person with some memory loss will initially deny a problem and even show an increase in irritability. Other symptoms to note is a change in their usual daily pattern. For example the person may be spending more time at home to cover up the difficulties being with other people. Someone may stop cooking. It is the little changes that need to be noted by family members in speaking with the physician.

## LAST WISHES

It is important to talk with your relatives about their last wishes. This is probably one of the hardest subjects to bring up but one of the most important.

When/if the day comes that your relative becomes critically ill it will be important to know their wishes on resuscitation, life supports, feeding tubes, etc.

Medical decisions are very difficult to make under the best situations. Consider when someone you love is sick and may die. This can be an extremely stressful time for everyone and siblings may not all agree. If you know your relative's decisions then you can do what they want, honoring their last wishes.

## 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.

## MEDICARE GUIDELINES

Medicare will cover for up to 100 days in a Nursing Home if someone continues to qualify for 'skilled care.' Skilled care is defined by the need of Physical Therapy, Occupational Therapy or a medical need that a nurse needs to monitor. For

example, a diabetic whose blood sugars continue to fluctuate, someone who has a wound which requires treatment, change in medications, labs drawn, infection requiring an antibiotic, etc. need medical monitoring. Once some-

one needs routine or maintenance care that an aide can provide, Medicare will no longer cover the expense. This can occur at the 100th day or sooner. Medicare will stop coverage when there is no longer a skilled need.



Members of:  
**The National Association of Professional Geriatric Care Managers**  
and  
**The National Academy of Elder Law Attorneys**

*"Helping you help your loved ones"*

*info@eldercareresourceservices.com*

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

*Phone: 508-879-7008  
Toll Free: 866-280-2308  
Fax: 508-460-3869*

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

## FREQUENTLY ASKED QUESTIONS

**Q: My father wants to stay at home and never leave his home, can a home assessment be completed so my father can stay at home?**

A: Yes, **ElderCare Resource Services** can complete a home assessment to review your father's safety, his memory loss, review his medications and talk about building in safeguards at home. We would put together a complete plan outlining suggestions to keep your father safe at home with community and or private pay services. Our Nurse/Social Worker combination is able to complete both a medical and psychosocial assessment together.

**Q: My mother needs an Assisted Living but she can not afford the high cost. Can you recommend any Assisted Facilities that are for**

**low income individuals?**

A: Some Assisted Living facilities are able to offer reduced costs. Financial and medical qualifications must be met to move into these Assisted Living facilities. **ElderCare Resource Services** can provide families with the information needed to be better consumers.

**Q: My mother is in a Nursing Home but they want to move her to another facility, what are my rights?**

A: There are only five reasons why someone can be moved from one facility to another. We would complete a chart review and speak with the staff to better understand the reason for the move. We would make sure you knew

your rights before any move occurs and make sure the facility is following the letter of the law if they try to move your mother.

**Q: My friend told me that I should put my assets in a trust, is this correct?**

A: It is important to obtain legal advice from a lawyer with a specialty in elder law to review your financial situation. **ElderCare Resource Services** can give you the names of elder lawyers who can help you with this decision.

**Q: Can I give my grandchild money to help pay for her college education?**

A: This is considered a gift if you should need to apply for Medicaid within the next five years. It would also be important to consult with an Elder Law Attorney to understand the consequences of the gift.