



ELDERCARE RESOURCE SERVICES



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"HELPING YOU HELP YOUR LOVED ONES"

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DAYLIGHT SAVINGS TIME AND SAD

Daylight savings time ends on November 2, 2008. This affects many people, especially Seniors. For seniors who do not like to drive at night it means a shorter day. For seniors with memory loss and who sundown, this occurs earlier in the day. For many people there is an increase in exhaustion and a feeling of depression with winter approaching and shorter days. There is a condition called SAD or seasonal affective disorder.

Some tips to lift moods are: socialize with friends during the daylight hours or talk on the telephone. Keep moving by exercising. Exercise can boost endorphins in the

brain which affects mood. Also, exercise is good for your health, can make you feel better, and even help with better sleep. Keep the shades open during the day so the sun comes in making the home brighter. When it is possible go outside, walk, or sit outside properly dressed. Even 15 minutes a day can ease depression. Talk with your physician if you suffer from SAD. Depression (even seasonal) can have affect appetite, mood, which can cause medical problems. This should be taken seriously by family and physician.

AS WE AGE

It is important to have regular physical exams with physicians and to discuss any issues with your physician. It is also important to have vision and hearing examined regularly because as we age so does our vision and hearing. Regular screening for prostate and or breast cancer is also important as people age. If there is any change in weight it is important to notify the physician. The physician should also be examining for skin checks to see if moles have changed or if there are other skin conditions. This time of year it is also important to obtain a flu shot.

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. 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. Look for our monthly column in the Metro West News called 'Senior Savvy.'

HOLIDAY SEASON

For many families, during the holiday season it is very important to be together. It is always nice to be together as a family but some seniors have a difficult time with holidays. For seniors in a Nursing Home being taken out of their envi-

ronment can cause anxiety. This is because the senior feels comforted by the daily routine of the facility, familiarity with what is going to happen, and a sense of security. For seniors with memory loss there is an element of not knowing what is go-

ing to happen and an unfamiliarity with being at a family member's home. We recommend that families visit their relative at the facility rather than take a relative home if it is going to cause anxiety or be too stressful for their relative.



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 in a Nursing Home and I am the health care agent. I find if I do not visit, there are no phone calls if medications have been changed or if my mother has fallen. Should I be called when changes occur or is it up to me to ask the nursing staff on my visits?

A: The Nursing Home should be informing you when there is any change in your mother's health or when she had a fall. These are rights you are entitled to and are part of the Attorney General's rules and regulations. I would remind not only the nursing staff but also make a comment to both the Director of Nurse's and the Administrator that you are not being updated on your mother's care and it is something important to you. If they do not appear to be listening then remind them that these are your rights and you

have the ability to call The Department of Public Health to report the Nursing Home.

Q: I moved my parents into an Assisted Living expecting a bill for a month's care and find the bill to be more than I expected. I called the Assisted Living and they explained the additional charges. Why didn't the Assisted Living inform me of possible additional costs before I moved my parents?

A: There are some Assisted Livings that provide families a written list of possible additional charges. There are some Assisted Livings that do not but provide it orally. It is important to discuss other charges with all Assisted Living facilities. Assisted Livings try to

inform families of the lowest possible cost to market themselves. We have a list of questions that we provide our clients when they are looking and comparing Assisted Living facilities. It is important to ask as many questions as possible.

Q: My mother has fallen at home but refuses to go to the hospital stating she is fine. What can I do to keep her safe?

A: Contact your mother's physician and explain the situation. Possibly your mother would visit her physician. If not, ask the physician if he/she will contact the VNA to make a home visit to complete a home safety evaluation as well as Physical Therapy for strengthening exercises. Your mother may be getting weaker and Physical Therapy can help.