



# ELDERCARE RESOURCE SERVICES



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

NOVEMBER 2012  
A FREE PUBLICATION ON ELDER ISSUES

## THE HOLIDAY'S

Holidays are a very stressful time of year. There is so much to do and just not enough time. As much as we plan ahead the days seem to go by very quickly. It can be very challenging to buy presents for your family member who seems to have everything, or for someone who is homebound. Some gift suggestions include giving your relative the following:

- A gift card for someone to come into the home to clean weekly, or prepare a meal, or to take your relative out to the hairdresser. Give your relative a home made gift card in
- case they never use the services from a local Home Care Agency the money is not wasted
- Stamps
- Thank you notes or a set of birthday/ anniversary cards.
- Socks similar to those in the hospital that reduce the risk of a fall. Add puff paint to any pair of socks but do not put socks in the dryer. The puff paint will crack.
- Robes, Housecoats, slippers
- An assessment by a Geriatric Care Manager.

## OPEN ENROLLMENT

This is the time of year to switch Part D Prescription Drug Plans. Open enrollment ends on December 7 and the new drug plan goes into effect on January 1, 2013. For details go to: [www.medicare.gov](http://www.medicare.gov) This site allows you to review current drug plans and to determine if your current plan is the best plan for 2013. Open enrollment is once per year however there are special circumstances such as a move into a Nursing Home or on Mass Health which allows seniors to change plans on a monthly basis. SHINE counselors can assist. Call your local Council on Aging to find a counselor.

## ABOUT US

**ElderCare Resource Services** is a geriatric 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 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 'Senior Q & A'

## HOSPITALIZATIONS

As part of the health care reform act studies have been done to look at re-admission rates in the hospital. In 2005 17% of the admissions were re-admitted within 30 days. The Medicare program could save \$1.9 billion a year if readmissions are reduced.

Effective October 1, 2013 some hospitals can be financially penalized if their ratio of admissions to readmissions exceed a designated percentage.

Readmissions with heart failure, pneumonia, and heart attack are the first diagnoses that will be

reviewed.

Hospitals are quick to discharge and this may slow down the process. The hospitals are making more recommendations for services in the home to reduce readmissions.



Member of:

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

**"Helping you help your loved ones"**  
Check us out on Facebook  
[www.eldercareresourceservices.com](http://www.eldercareresourceservices.com)  
[info@eldercareresourceservices.com](mailto:info@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: Is there any way my mother can try an Assisted Living without making a full move? My mother would consider trying it out and I did not know if that is possible.**

**A:** The Respite Program which is available at many Assisted Livings will allow your mother to move in for one month or sometimes longer. Under the Respite guidelines the unit comes completely furnished. We recommend trying an Assisted Living for at least one month because it can take that long to adjust to the new setting, become familiar with the routine/activities, and make friends. This is something to consider especially in the winter months. When contacting Assisted Livings ask them if they offer the program.

**Q: My mother was just diagnosed with Alzheimer's disease. My mother has always been negative**

**with a strong opinion on how to solve problems. My mother continues to feel angry and blames me for the disease. Recently I moved my mother closer to my home ( my mother was living out of state). I do not know how to respond or react to her anger at home.**

**A:** On one level your mother feels comfortable enough with you to express her feelings. She has dementia and does not know how to deal with her diagnoses. She is probably fearful of the future, and as most people do she is looking for a "why". Your mother would like to believe that if you did not move her closer to you she would not have dementia. Consider making an appointment for your mother with a Geriatric Psychiatrist or Neuro-Psychiatrist. Your mother should

be assessed for situational depression and other mental illnesses. She may need medications to help her with her mood.

**Q: Should I hire a Geriatric Care Manager for my aunt who is not managing at home but who does not want my involvement? My aunt never married and we have always been close. I am her health care agent but she does not want me involved. My aunt is not managing well at home.**

**A:** Yes. Geriatric Care Managers are professionals who can go into the home and complete a home assessment and plan of care which can help your aunt stay in her home. Linda and Debbie complete assessments and are able to implement a plan. This can make your visits pleasant again.