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ELDERCARE RESOURCE SERVICES



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"HELPING YOU HELP YOUR LOVED ONES"

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HOLIDAY TIME

This is the most stressful time of the year; holiday shopping. What do you purchase for your aging relative(s)? Think about your relative and who they are. Some seniors can benefit by a home cleaning service, magazine subscriptions, gift cards to CVS/Walgreens to purchase prescriptions or other personal items, someone to come in and cook a few meals, stamps, telephone with an amplifier if someone is hard of hearing, private computer tutorial service to help with using the computer or to set up Skype allowing family at a distance to see each other, photo album with pictures of the family, new mittens, housecoat and or a new cell phone

that is very easy to use with large buttons. Also consider doing some chores around the house. For example everybody usually needs something updated in the house like adding grab bars in the shower, raised toilet seat, checking that the scatter rugs are secure on the floor, etc.

Do not purchase new furniture or change the flow of the house. The furniture has sentimental value and often recalls good memories. New furniture may not look or feel familiar. Consider purchasing a new mattress if it's old.

VISITS WITH FAMILY

The Holiday Season always feels rushed. There is a lot to do and limited time. For some seniors with memory loss it is best to have visits in their home or their living setting such as an Assisted Living or Nursing Home. Leaving the facility can cause increased anxiety for the senior. They are out of their comfort and secure environment. In some families get togethers can be loud with too much chaos, and children running around which can cause someone more worries. Ask yourself; "is having my relative with me at my home for the holiday season better for me or my relative"?

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 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'

RESPIRE SERVICES IN AN ASSISTED LIVING

The winter is cold, sunset is early, and many people spend more time in the home than outside their home. This is the time of year where loneliness can occur. Some Assisted Living facilities offer a respite program allowing seniors to move into their facility for one to two months. For some people it's a small vaca-

tion away from the home. It is not easy for many people to leave their home and move into a facility. The facility offers three meals a day, activities, house keeping services, and socialization. The move also allows someone to try out the facility. Some people come back for a few sea-

sons until they want to move in permanently while others just try it out and decide it is not a good match and move some where else. There is peace of mind for the family that their relative is being watched during the winter especially during snow storms and power outages.



Certified Members of:
National and New England Associations of Professional Geriatric Care Managers

**“Helping you help your loved ones”
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FREQUENTLY ASKED QUESTIONS

Q: My mother has agreed to accept help with personal care and help in the house for housekeeping. How do I find an agency? There are so many to choose from how do I decide?

A: Ask friends if they have used an agency for their relative, and if they were pleased considering contacting that agency. You can contact a few agencies and ask for references. Ask the agency if they complete CORI checks on their employees (criminal checks). In some states the agencies must be licensed but that does not occur in all states, and ask the agency what happens if the person coming into the home is someone that is not compatible with your mother. Consider hiring a Geriatric Care Manager who can make suggestions and be a liaison with the home care agency.

Q: What is Hospice? My mother has had Parkinsons for years and the Nursing Home is now suggesting Hospice.

A: Hospice is a benefit under Medicare that offers specialized services of a Nurse, Social Worker, Chaplain, Home Health Aide, and volunteer for anyone that has a terminal disease with an expected life span of less than six months. Some people have lived beyond six months and Hospice has continued to be provided. It is a specialty of services to allow someone to die naturally with dignity and respect. Quality of life is the most important thing. Hospice is about comfort not curative. Hospice promotes providing care and services without invasive methods such as blood tests, IV's etc.

Q: My mother believes her mother is still alive and she will tell me she is waiting for her mother. When I told my mother her mother died she became tearful and angry at me for not telling her that her mother died. What should I say when my mother tells me she is waiting for her mother.

A: You are not telling a lie when you do not tell your mother the truth; you are telling her a fiblet. Fiblets are phrases/sentences that allow your mother to feel content and peaceful. Your mother is unable to recall past events and to tell her someone close to her has passed away causes her anguish. Examples of fiblets: your mother called and is out shopping or she's running late and will visit tomorrow or she has a cold and does not want to get you sick. The purpose of fiblets is to give your mother peace of mind.