



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

HOLIDAYS

With the upcoming holiday season, it is a good time to reflect back. Talk with other family members to discuss your relative. Family and friends are a good resource and wealth of information. Ask yourself, what were the needs of your relative last year and what are the needs now? Take a good look at the current situation.

Think about what worked last year and think about what did not work last year. What needs to be changed for the upcoming year? Are you prepared for that phone call when your relative's health has drastically changed? Do you have in

place a network/resource of professionals available to assist when there is that crisis? Do you know what you will do when you receive that frantic call?

This is the time to sit down with your relative to discuss with them the "what if" scenarios. This is also the time to sit down with siblings or other family members to discuss who will do what when there is a crisis.

It is always better to have a plan when there is a crisis otherwise, emotions take over and often times decisions are made without having time to think everything out.

FALLS

Seasons are changing and soon snow, ice, and wet leaves will be on the ground which increases the risk of a fall.

The winter is long and can be isolating. Many Assisted Livings offer a respite program during the winter months. This allows seniors the opportunity to have a winter vacation in an environment where there are three meals a day, back up generators, activities during the day, and staff oversight. It is not always easy convincing a relative to move for the winter. With the holidays coming this may be a nice gift for a relative. Respite stays can be as little as one month.

ABOUT US

ElderCare Resource Services is a geriatric care management company co-owned by Linda Sullivan RN, CMC, and Debbie Gitner 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 called "Senior Q & A"

HOW CAN A GERIATRIC CARE MANGER HELP ME?

A Geriatric Care Manager is a person who has experience with working with seniors. They can provide the following services: complete an evaluation to assess for areas of concern, arrange for services, monitor the services, make referrals

to appropriate and qualified professionals/agencies, offer support to family members. In addition Geriatric Care Managers can provide education on diseases and then put together a short and long term plan. Geriatric Care Managers can

be called when a relative's health quickly changes to help during the crisis. Geriatric Care Managers are knowledgeable in the medical system and can help family members navigate the medical maze.



Member of:
The National Association of Professional Geriatric Care Managers

"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: 508-405-0963***

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

FREQUENTLY ASKED QUESTIONS

Q: My mother had a massive stroke four months ago. She was at rehabilitation facility and did not make much progress. She is still not able to stand, care for herself, or transfer to a toilet on her own. I am feeling depressed thinking my mother will not make any further progress. What is realistic after a stroke?

A: Everyone recovers differently after a stroke. Some people make progress with therapy and continue to make gains such as standing. Some people are not able to make such progress. It could be because of the type of stroke and the intensity of the stroke. Many people can continue to make progress up to one year or sometimes longer after their stroke. Most gains after a stroke are within the first few months.

Q: My mother refuses to ever go to a Nursing Home. She wants to live in her house no matter what. What do I need to do to follow through on my mother's wishes?

A: No one ever knows the future and if the time will come that your mother's medical needs will require her to be in a medical environment. However, with the goal of keeping your mother home, it is important to discuss with your mother what agency would she want to come into her home if she should require care. If the bedrooms are upstairs does your mother want a stair lifter installed or to be moved to the first floor. If there are steps to get out of the house, discuss installing a ramp. After discussing the changes it is also important to have a discussion regarding the finances. It is expensive

to hire help and to make changes in the home. Your mother needs to know the costs. Lastly it is important to discuss with your mother under what medical situation would she go to a medical institution.

Q: My sister is the health care agent for our mother. I do not think that she is doing a good job caring for my mother. I disagree with her decisions and choice of facility. Do I have a legal right to challenge my sister?

A: If your mother is competent and she feels your sister is making good decisions, and your mother agrees with your sister's choices there is not much you can do legally. If your mother is not competent then you would need to challenge the health care agent's decisions through the courts. It is important to talk with an Elder Care Attorney who specializes in the needs of seniors about this situation.