



ELDERCARE RESOURCE SERVICES



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"HELPING YOU HELP YOUR LOVED ONES"

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A FREE PUBLICATION ON ELDER ISSUES

FALLS

With the change of season and winter not too far behind, seniors increase their risk of a fall. Some seniors feel they can still go outside to put out the garbage if the weather is not so bad while other seniors still feel shoveling the steps is okay. It is important to remind seniors that safety is very important. Discuss with your family member WHO will take over taking out the garbage and shoveling when the weather is inclement. Many seniors do not want to call family members.

If your relative is at risk of a fall, talk with friends and other family members to be prepared if a fall occurs.

Start thinking about which hospital your relative should be transferred to after a fall. Put a note on the refrigerator for EMT's to transfer your relative to a specific hospital—this will be done unless there is a medical emergency and your relative needs to go to the closest hospital. Also, if rehabilitation is needed post surgery, which rehabilitation center is your first choice.

When in a crisis situation it is difficult to make decisions. It is always easier to have a plan before a crisis.

BLADDER CONTROL

Urinary incontinence can be caused when the muscles are too weak or too active, or when nerve signals do not work properly. Muscles can be weakened as we age; due to the dip in female hormones. Urinary incontinence can also occur with men with prostate cancer or an enlarged prostate.

Men and women can suffer from temporary incontinence related to alcoholic intake, too much caffeine, certain medications, urinary tract infections and constipation.

Talk with the primary care physician and consider seeing a specialist.

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 Savvy.'

RESPIRE CARE

During the winter months seniors living in their own homes can become isolated and depressed. The days are short and nights are very long.

Some seniors are still able to stay active during the

winter months. For seniors that are not able to stay active, one suggestion is to move into an Assisted Living facility for a few months during the winter. Assisted Living facilities offer many activities, socialization, and three prepared meals a

day. This solves the isolation and allows your relative the ability to try an Assisted Living facility. Many Assisted Living facilities will offer respite care. If interested, contact the Assisted Living to begin a discussion on this topic.



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 able to remember what she read in the newspaper but when I tell her something new or give her an update on a family member she is not able to retain that information. Why is that happening?

A: There is no simple answer to your question. It is possible that with your mother's memory loss she is still able to keep the same habits; i.e. she remembers information in writing as evidenced by reading a news article. New information is not stored in the brain the same way written text is stored. Consider starting a journal and adding updates and information. This will give your mother something to read and re-read which may help her retain new information.

Q: My mother was once a very giving person helping others. As she

has aged she is becoming more selfish, focused on the past by way of repeating the same stories, not going out and with very few friends. My mother is negative and has a complaint about everything. I find when I try to 'correct' her, she becomes mad at me. It is challenging for me to stay calm at times with her negativity. Any ideas for me?

A: You have described what is considered 'normal aging' however there are degradations of what is considered 'normal aging.' All seniors age differently. Some seniors feel depressed (not admit depression) but outwardly show signs of depression and there are seniors whose personality was similar when they were younger but now with the aging process it is more pro-

nounced. Call your mother when you have time to talk but if the conversation is becoming heated, tell your mother that you have to go. Speak with her primary care physician about your observations. The doctor may consider an antidepressant which may help. Your mother may not see that she needs an antidepressant. Keep the conversation short. Step in if your mother is not safe at home or her medical health changes.

Q: My mother has forgetfulness and her medical doctor is not concerned about it. Should I take my mother to a specialist and what kind of doctor should she see?

A: Consider taking your mother to a Neurologist and or Geriatrician. Some hospitals have a list of Geriatricians. Geriatricians specialize in effects of the aging process.