



# ELDERCARE RESOURCE SERVICES



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"HELPING YOU HELP YOUR LOVED ONES"

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A FREE PUBLICATION ON ELDER ISSUES

## HIGH BLOOD PRESSURE

High blood pressure effects one of three adults according to the American Heart Association. Many people do not even know they have high blood pressure. High blood pressure that is not controlled can lead to stroke, heart attack, heart failure, or kidney failure. High blood pressure is often called "silent killer."

The most desirable reading for blood pressure is lower than 120/80.

In most cases the cause of high blood pressure is unknown. There are some genetic factors, weight and diet but the reason why it is called the "silent killer" is because the cause is unknown.

Medications are important to help control high blood pressure. In addition diet and exercise are also very important to help control the disease. Physicians will advise their patients to control their salt intake.

With the winter season approaching ask your physician if you should take decongestants with high blood pressure medications as they can raise blood pressure levels and reduce the efficacy of high blood pressure medications. Look for cold remedies without a decongestant.

Always contact your physician if you have any questions.

## ASSISTED LIVING

When comparing Assisted Living facilities find out all the costs. All Assisted Living facilities must provide a listing with all additional costs of care. It is important to know if the Assisted Living facility uses the point system to charge extra for care, or they do it by a system called leveling. Find out what the total cost is if additional care is needed before entering into a contract. This helps to plan ahead if there are limited funds.

Read all contracts before signing. Once signed on the dotted line it is too late to amend any contracts. You are legally bound into a contract.

## 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; Linda is able to answer and explain the medical aspects and Debbie can assist with services. 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.

## DEPRESSION IN THE ELDERLY

Depression in the elderly is quite common. Advancing age, loss of control, and changes in health often times cause a 'situational' depression. Depression left untreated can increase the risk of death. Individuals over the age of 65 account for

19% of all deaths by suicide according to Healthy Place.com.

Many medications called antidepressants can help with depression. Antidepressants can take about 4-6 weeks to work in older people. Women

with a B12 deficiency are twice as likely to be depressed as those without the deficiency

It is important to consult your physician if you feel that your relative is depressed. This is something that can be treated.



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

and

**The National Academy of Elder Law Attorneys**

*"Helping you help your loved ones"*

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## FREQUENTLY ASKED QUESTIONS

**Q:** Can you explain the new regulations recently passed by Congress regarding transfer of assets?

**A:** Congress has passed many new regulations. One of the regulations is that transfer of assets now has a five year look back and the beginning of the look back can begin on the day of admission to a Nursing Home. The laws are complicated. It is important to meet with an Elder Care Lawyer who can help explain the new regulations and how it impacts your relative's financial status. **ElderCare Resource Services** can recommend some excellent lawyers who only work with seniors—this is their specialty.

**Q:** Are there services to keep my father at home without going into a Nursing Home?

**A:** Yes there are agencies that can help with services some of them at no cost to an elder others that do cost. **ElderCare Resource Services** can provide families with community resources.

**Q:** I've been looking at Assisted Living facilities for my parents but after seeing so many I am confused and don't know how to find the best one for my parents. Can you help?

**A:** **ElderCare Resource Services** can help family members research and investigate to find the best match for your parents. All Assisted Living facilities are not the same. Though they may all offer similar programs each one has their own philosophy. **ElderCare Resource Services** is available to families to meet to discuss and provide information on Assisted Living faci-

ties.

**Q:** I was looking on a web site for Nursing Homes but I don't understand the scoring system. Are you familiar with the state survey process?

**A:** **ElderCare Resource Services** is familiar with the scoring process. We can explain why a Nursing Home had a lower score and what it means for you if you choose to place your relative in that Nursing Home. Many good homes can have deficiency from the state. It is important to understand the system. **ElderCare Resource Services** can help families find a good Nursing Home for their relative.

**ElderCare Resource Services feels that it is important to give family members information/education so they can make the best choices for their relative.**