



# ELDERCARE RESOURCE SERVICES



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

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## WHY IT IS IMPORTANT TO PLAN

When the telephone rings that your relative is in the emergency room—panic sets in. If the admission is for something, minor great news. But if your relative is admitted to the hospital with something big it changes everything.

Major decisions may need to be made. Sometimes doctor's will bring up topics such as do not resuscitate, do not intubate, feeding tubes and more. Some families discuss these issues with their relative ahead of a crisis so when the situation arises the family is aware of their relative's decisions. Without a discussion earlier it can be extremely stressful

making these decisions. The other factor is siblings and their opinions. Emotions will run high and logic goes out the window.

It is also good to plan ahead by touring local rehab facilities. When touring a facility under stress emotions take over and important questions are not asked. Touring when gathering information is much different. Keep a list of facilities that are a possibility should your relative require rehab. Tour the facility again if your relative is in a crisis.

The more you are able to plan ahead the easier decisions can be made when there is a crisis.

## RELAX

Fall is the beginning of a new season with the holidays just around the corner. It is a good time to take care of yourself, the caregiver. Find time to enjoy some of your favorite activities. Take a deep breath and blow out when you feel overwhelmed. Take a few minutes to stop and think. Let others know you are stressed. Family and friends will help if you communicate with them. Co-workers may also help. Do not be hard on yourself; no one can juggle everything all of the time. Remember you need to take care of yourself so you can take care of others.

## 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. 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. Look for our monthly column in the Metro West News called 'Senior Savvy.'

## KEEPING YOUR RELATIVE AT HOME

Many of us have promised our relatives that they will never go to a Nursing Home. For most people they will be able to age at home. There are more services to help people stay in their home; chair lifts to get to the second floor, con-

struction of a bathroom to make it easy to get in and out, beds that go up and down and agencies that provide services in the home to help with chores or personal care. The agencies provide caregivers into the home to meet the needs of the

elderly. Agencies train their staff and educate them on dementia and other diseases. Agencies can also provide transportation. If you are going to keep your relative home and need references on agencies, call us and we can help.



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:** I was told my mother has a diagnosis of dementia by a nurse at a rehabilitation center. My mother does not appear confused. She was in the hospital, in the ICU, and given many medications. At that time she was confused but she cleared afterwards. Is it possible that the doctor's gave her the diagnosis then?

**A:** Absolutely! While hospitalized and in the ICU most people do not know if it is day or night plus medications can cause confusion. You should obtain a copy of your mother's medical records from the hospital to see where the dementia diagnosis started. Another idea is to make an appointment with a neurologist for a dementia work up.

**Q:** My mother has forgetfulness but denies she is forgetful. She is more

stubborn and resistive lately. My father has tried to bring help in the home but my mother refuses help. My mother is unable to maintain the house and needs help, how can I convince my mother to accept help?

**A:** Sit with your mother and see if the reason is money (if it is, tell her a fiblet that the services are free). Or is it that she feels she can continue to run the house? Agree with your mother that she can run the house but there are services that can make her life easier. Do not argue but support your mother and ask her to try. She may accept help if approached with support, reminders that she is in charge, and that it is on a trial basis.

**Q:** My father relies upon my

mother for everything. He has memory loss and needs reminders to dress, shower, and shave. On my visits my mother is losing her patience with my father. Any ideas on how to reduce the stress?

**A:** Your mother is on overload. She is with your father 24/7 and with his memory loss he may be repeating himself plus needing to be watched all the time. Consider having your father attend an adult day program. Here he would have activities during the day and he would be out of the house. This would allow your mother time to herself to recharge her batteries. If you need help finding an adult day program or have questions give **ElderCare Resource Services** a call to discuss this topic. We are here to help and answer questions to make our clients better consumers through the medical maze.