



ELDERCARE RESOURCE SERVICES



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"HELPING YOU HELP YOUR LOVED ONES"

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A FREE PUBLICATION ON ELDER ISSUES

FLU SEASON

This year's flu season can affect seniors. There has been so much talk on the news. Seniors are at risk of getting the flu.

Seniors in Nursing Homes are at a higher risk because many seniors with memory loss forget to cover their mouths and often times do not wash their hands properly. The residents do not go outside and there is no change of the air.

According to the CDC web site for seniors (over the age of 65), the flu infection rate was the lowest.

The CDC web site states that seniors may have a pre-existing immunity to the

H1N1 flu.

Seniors who are affected by the flu often end up in the hospital at a higher percentage than the general public because of other pre-existing diseases.

It is important to consider taking the flu shot this year. Speak with the physician about this topic.

At this time there are two recommended flu medications; Tamiflu and Relenza. The CDC recommends these medications to treat and or/prevention of influenza A and B.

The CDC web site is a good reference site.

BEHAVIORS

Some seniors will present with agitation, anxiety, wandering and uncooperative behavior during care. It is important to look at the situation. For example, some seniors can not express when they need to be toileted so instead there is agitation. Some seniors wander because they are looking for their home of origin. A shower can be frightening for a senior so it is important to make it safe by handing someone a toy for distraction while washing. Try to analyze the situation and make changes accordingly. There are times that medications are very helpful to reduce the anxiety and behaviors.

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.'

HOARDING

Hoarding of items can be a problem when a senior has so much clutter in their home that they can not trip over the items on the floor; food is hidden under papers, and there is no system in the house. Many seniors feel they have an order and feel

safe when they see disorganization around them. Hoarding provides the senior with a sense of security. Throwing out items can cause an increase in anxiety. Some people who hoard can be perfectionists, have poor socialization skills, and

may agonize over decisions. It is important to keep a home clean and safe. Talk with the primary care physician and consider an appointment with a geriatric psychiatrist for medication and or behavior modification techniques.



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 was hospitalized and the Nursing Home refused to re-admit my mother. Can this happen?

A: Yes, it can. A Nursing Home can refuse to re-admit any resident that they do not feel they can manage. If someone presents with behaviors that the staff feels could harm another resident or harm themselves, then the facility has the right to decline re-admission.

Q: My father is in a rehabilitation setting and is insisting on returning home. Every time I visit he always asks me when can he return home. I worry about his safety at home and question if my father should return home. Can I bring my father home?

A: Speak with the staff at the facility for

their opinion. If you feel you need a third opinion, consider hiring a Geriatric Care Manager to review the medical record, speak with your father, speak with you, and speak with the staff. Also, A Geriatric Care Manager can coordinate the necessary services to try to keep your father at home safely. Care can be brought into the home 24/7 if needed. There are many home care agencies available to provide care in the home as well as agencies funded by The Commonwealth of Massachusetts. A good plan needs to be set up prior to your father's return home to keep him safe.

Q: My parents have started talking with me about their finances. They want to give me a gift and pay for my children's college education. Friends have said that

a gift could result in disqualification in some programs if my parents need Nursing Home care. Can you explain about this?

A: According to Massachusetts laws, any transfer of cash and or property can result in disqualification of Mass Health/Medicaid program which could cover for care at a Nursing Home. Massachusetts has a five year look back rule on money transfers. It is best to seek the advice of an Elder Care Attorney who specializes in these situations. They can advise and make suggestions for this exact scenario. Elder Care Attorneys can provide guidance and suggestions on many topics related to income and assets for seniors. If you need help finding an Elder Care Attorney, please contact us and we will make a recommendation.