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ELDERCARE RESOURCE SERVICES



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"HELPING YOU HELP YOUR LOVED ONES"

SEPTEMBER 2015
A FREE PUBLICATION ON ELDER ISSUES
TEL: 508-879-7008

SEPTEMBER IS ALZHEIMER'S MONTH

The Alzheimer's Association is now focused on raising money to help cure the disease. September is the month in MA and many other states where there are scheduled walks to raise money; The Walks to End Alzheimer's®. The money raised goes to help fund research. There are walks throughout MA and you can visit the www.alz.org site where all of the walks are listed. Anyone can join an existing team, start their own team, or walk on their own with other walkers. If someone is unable to walk but would like to donate you can do that on the site as well. There are more than 600 communities nationwide that participate in the walk. The Alzheimer's Associa-

tion vision is to have a "world without Alzheimer's disease". The mission statement is "to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support all affected; and to reduce the risk of dementia through the promotion of brain health."

Some interesting facts:

Alzheimer's disease is the 6th leading cause of death in the USA

Alzheimer's is in the top 10 causes of death in America that cannot be slowed down or cured

Almost two-thirds of those diagnosed in America are women.

It is estimated that 5.3 million individuals in America have Alzheimer's disease in 2015

In 2015 the cost of Alzheimer's and other dementias cost the nation \$226 billion.

There are clinical trials in the third phase of testing immunizations. This theory is to prevent the disease. Polio and other diseases were eradicated with a vaccine. The hope is one day the same will be true with Alzheimer's disease.

This is the month to give and we hope many readers will be able to be generous with their donations.

ABOUT US

ElderCare Resource Services is a certified aging care management company co-owned by Linda Sullivan RN, CMC, and Debbie Gitter 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 have over 35 years working with the geriatric population. Now is the time to plan for the future. Call us if you have a question about our services. We'll be happy to chat. Look for our monthly column in the Metro West News '[Senior Questions and Answers](#)'

EVENTS IN OCTOBER

September 30th Linda Sullivan and Debbie Gitter will be presenting a program with Attorney Arthur Bergeron, Laurie Bender Owner of Home Instead, and Eric Kessler representing Hearthstone Assisted Living. The topic is: The ER called and mom fell down the stairs. This presentation will be at 9 AM and again at

6:30 PM at 4 Valente Drive in Westboro. **October 14th** the team will present Home For the Holidays and mom is not doing well; what should we do? **October 28th** the topic is dad has cancer and what do we do? RSVP to Betsy Moquin at 508-8701320

On **October 17th** at the

Marlboro Council on Aging, a program called: Purposeful Engagement by Jan Hively, PhD founder of [Pass it on Network](#).

Time: 9:00 AM—12:00 PM Address is 401 New Street in Marlboro, MA RSVP at 508-485-6492



Certified Members of:

National and New England Associations of Professional Geriatric Care Managers

**“Helping you help your loved ones”
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FREQUENTLY ASKED QUESTIONS

Q: My father has dementia. He is no longer feeding himself, he is incontinent, he needs help dressing, and he is unable to express himself. Is he in the last stage of this awful disease?

A: The last phase often presents itself with difficulty expressing oneself, forgetting family members names, requiring help with care, often with difficulty swallowing, sleeping more, and weight loss. Dementia is similar yet different for every person with the disease. The end stage can last for many months for some people.

Q: My sister does not have any children and we have always been close. My sister wants me to take responsibility for her care. I said yes but what happens if I get sick first? Can another relative just step in?

A: Talk with your sister about naming an alternate person. Also, the person you have named to take care of you; would they feel comfortable taking care of both of you? You are smart to think of this going forward rather than be in a crisis. You should speak with an Elder Law Attorney and have everything in writing.

Q: My father moved in with us and he wants to pay me for providing care for him. He would like to give me a monthly salary plus pay for a percentage of the utilities and mortgage. I could use the money. How much should I charge my father?

A: This is a complicated question. First you need to sit down with an Elder Law Attorney to discuss this situation. It is important to have everything spelled out in a

contract to protect your father and to protect you. Should your father's health change and if he should require long term care it is important to have these legal agreements especially if your father will need to apply for Mass Health. It may be important to have an Aging Life Care Specialist come to the home to complete a home assessment stating your father's needs and what you are doing for him. This supports that you were providing services and were paid for services. In some situations it is best to review the contract yearly and have another home evaluation if more care is required.

Check out our web site and send us your questions at:

www.eldercareresourceservices.com