

Elder Life Management Has Your Answers.....

By
Judith S. Parnes
LCSW, CMC
Executive
Director



As America ages, more and more people are finding themselves faced with the care of an elderly parent or relative. Often, they don't know where to turn. Many seek no help or outside support until after an elder suffers a severe medical incapacity. Most common scenarios:

- “Mother has become more forgetful and confused. She doesn't take her medication. I work all day and have my own children to care for. Where do I start?”
- “I live out-of-state. I've been calling my father regularly since mother died. Lately, he seems different. The doctor says there's nothing wrong, it's just old age. I'm worried. What can I do?”

Few guidelines exist for families confronting the transitions that occur as a family member ages.

FREQUENT PROBLEMS

- *Little, if any planning has been done.*
Families may be unprepared to cope financially, emotionally or in other ways.
- *Lack of information on the kind of help needed and the available options.*
- *Disagreement.* Family members, including the older person, may not agree on a course of action.
- *Red tape.* The system of services available to the elderly, both government and private, grows more complicated every day.

We Have Solutions

It all starts with a Comprehensive Consultation -- a meeting to review all aspects of the difficulties that you and your loved one are experiencing. It is during this meeting that we assess the client's and family's capacity and needs. We listen and advise, providing concrete steps and a plan of action. All facets including physical, mental, emotional and financial are discussed in detail. Elder Life Management will help you

put all the pieces of your individual puzzle together.

Both immediate interventions, as well as, long-term plans are developed. Elder Life Management urges people to seek help for their aging loved one before a crisis arises. It makes little sense to spend more effort on planning the disposition of our estates after death than to assure that our wishes are respected during our final years of life. We pride ourselves in finding the solutions to your elder care problems.

How Can Elder Life Management Help Me?

- Conduct care-planning assessments to identify problems and to provide solutions.
- Coordinate and monitor the implementation of services to the client.
- Provide crisis intervention.
- Provide consumer education and advocacy.
- Guide families to support aimed at helping the older person remain.

independent in a home environment.

- Suggest financial strategies for long-term care by which the elderly can safeguard their assets, preserve their estates and avoid impoverishment.
- Act as a liaison to families at a distance, overseeing care, and quickly alerting families to problems – especially important when families are engaged in long distance caregiving for a loved one.
- Administer insurance claims for reimbursement, resolve Medicare, Medicaid and other insurance issues.

What is a Geriatric Care Manager?

A geriatric care manager is an individual who has extensive professional training in the field of aging. The geriatric care manager takes a holistic approach to care, with an emphasis on the planning and management of all areas of the older person's life. The goal of geriatric care management is the preservation of dignity and quality of life for the aging person. Geriatric care managers encourage preventive measures for the "well elderly" and early planning for later-life.

What are the Benefits of Using a Geriatric Care Manager?

Professional Geriatric Care Management is offered in a variety of settings including at home as well as assisted living and

nursing homes. Geriatric Care Managers can serve the needs of their clients with the following services:

- Personalized and compassionate service -- focusing on the individual's wants and needs.
- Accessibility – services are typically available 24 hours a day, 7 days a week.
- Continuity of care management – communications are coordinated between family members, doctors and other professionals, and service providers.
- Cost containment -- inappropriate placements, duplication of services, and unnecessary hospitalizations are avoided.