



ELDERCARE RESOURCE SERVICES



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"HELPING YOU HELP YOUR LOVED ONES"

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AGING IN PLACE

Many seniors prefer to stay in their own home as they age. The home provides a comfort level, continuity of care, familiar environment, and can be considered peaceful.

As seniors age some begin to realize they can not do what they once did and begin to bring in some services. Services can include someone cutting the lawn or plowing the driveway, or cleaning services. Many seniors feel the minute they stop mowing the yard it is a sign of growing old. No one wants that title or wants to admit to themselves, 'I am old.'

Instead of approaching help

with the home as being unable to tend to these tasks, try a different approach. The hired services will allow the senior more free time for hobbies and reduce the risk of a fall or injury that could be life altering. Help in the home can provide companionship for someone that lives alone.

Maybe for a birthday or Mother's Day give the gift of paying for the service as a trial service. Trials need to be for more than one day in order to establish continuity and form a bond. As the senior needs more help at home the pattern has been established which will allow your relative the ability to age in place.

ARTHRITIS

Arthritis can be painful. It can make waking up in the morning slower and can cause some people to stop enjoying some of their activities.

It is important to see a physician if there is pain, stiffness or swelling around the joint(s).

Exercise is important and the physician may order Physical Therapy. Water aerobics provide a low impact work out. Eat a diet rich in calcium rich foods such as broccoli and dairy. Take a walk. Try Yoga or Tai chi classes to gain flexibility which can ease joint pain.

ABOUT US

ElderCare Resource Services is a geriatric care management company co-owned by Linda Sullivan RN, CMC, and Debbie Gitner 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 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.'

FIND HUMOR

For caregivers there is always stress. Even when sleeping one is wondering if tonight is going to be the night that a phone call comes in with a sudden change. Stress can take it's toll in the caregivers health by increasing risk for depression, diabetes,

and other chronic diseases. Studies have indicated that finding humor is most important. When someone laughs it relaxes muscles, can boost the immune system, and relieve pain. As difficult as the situation becomes when caring for an aging

relative, try to laugh, or see humor in a situation. Humor will break the tension and help reduce the stress.

It is always important to find time to laugh through the most difficult times.



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 brother and I do not agree on the care for my mother. My brother does not think my mother should move to an Assisted Living and I feel my mother would do very well in an Assisted Living. My mother is lonely, she is not eating enough, she is not bathing every day because she is not going out every day. How can I convince my brother that the move to an Assisted Living is good for our mother?

A: Firstly, have you discussed with your mother a move to an Assisted Living? If your mother is thinking about this idea and interested then tour a few Assisted Livings, have lunch during your tour and even go back a second time. As long as your mother is competent to make decisions your mother's decision is foremost.

Another option is to consider hiring a Geriatric Care Manager who can complete an assessment. The assessment would include meeting with your mother to discuss what she wants. If your mother is competent it is important to listen to what she wants at the same time discussing some available community options. If the decision is to move to an Assisted Living the Geriatric Care Manager can be the liaison between you and your brother to reduce your struggle. The Geriatric Care Manager will complete a report with a care plan available to you and your brother.

Q: My father is in a Nursing Home and I find the staff is not listening to me. One day I walked in and found my father hallucinating and the staff told

me they would contact a psychiatrist for an evaluation. My father has never hallucinated before and I do not think he needs a psychiatrist. I think something medically is going on. How can I have the staff complete a medical work up?

A: It is frustrating when staff does not listen to you. You know your father best, you can sense what is different and you are only advocating for your father. If the staff is not listening to you then I would go directly to the Director of Nurse's at the facility and explain the situation. If the Director of Nurse's does not step in, you can go to the Administrator or ask for your father to be sent to the hospital for a medical work. Then consider if your father should return to that nursing facility. **ElderCare Resource Services** is able to advocate on your behalf. Just give us a call.