



# ELDERCARE RESOURCE SERVICES



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"HELPING YOU HELP YOUR LOVED ONES"

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## ABOUT GERIATRIC CARE MANAGERS

As of January 2010, the National Association of Geriatric Care Managers require certification to anyone practicing as a Care Manager. All Care Managers must now be certified. Certification consists of passing a national exam or by approval of The National Association of Social Workers.

Eldercare Resource Services is very proud to inform our clients that we are both certified. Linda is a **Case Manager Certified (CMC)** and Debbie is a **Certified Social Worker Case Manager (C-SWCM)**.

This demonstrates our

knowledge and training with a specialization in working with seniors.

As part of our new certification we will continue to attend programs designed to provide us with additional information that we will pass along to our clients.

As Geriatric Care Managers we subscribe to a professional standards of practice and ethics by the National Association of Geriatric Care Managers. These practices include confidentiality of medical records, advocacy, and respecting the autonomy of our clients.

## UPDATE

Debbie is now a board member serving as Secretary of the New England chapter of National Geriatric Care Managers. This opportunity will allow our clients and families to receive the highest quality of care and at the same time a professional standard that includes integrity, accuracy, and honesty.

In her role as Secretary for the New England chapter of National Geriatric Care Managers Debbie will be on the cutting edge of higher standards and on-going ethical practices. She will use this information to provide the highest level of services to clients.

## 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."

## STAYING SAFE

Staying safe and not falling is a concern to families and their aging relatives. According to the CDC "the risk of being seriously injured from a fall increases with age". A fall can result in a fracture, brain injury, or trauma. Studies indicate

that any change in dosage or new medication can put a senior at risk for a fall. The CDC studied falls and saw a correlation between change in medications and falls. To reduce the risk of falls exercise is very important. Tai Chi has been proven

to increase strength and improve balance. When there is a new medication or dosage change ask the Pharmacist about the side effects, specifically about falling. Improve lighting in the home and have yearly eye checks. Keep the home clutter free.



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 is having difficulty managing at home. I have taken away her car. My mother has always been social and she is isolated at home without her car. She misses being with people. My mother even appears depressed without the socialization. I have discussed moving to an Assisted Living with my mother but she refuses. I know this is the best environment for my mother who is social plus she could use help with care. How can I get my mother to go?**

**A:** One idea is to tour an Assisted Living and have lunch. This way your mother may be able to envision herself having lunch socializing with the other residents. Another idea is to suggest to your mother to move in for the winter months. Many

Assisted Living facilities have a respite program whereby a senior can move into a furnished apartment and stay for a couple of months. There are no commitments however it gives your mother the opportunity to try it out. Limit the reminders to your mother that her stay is short term otherwise she may not join in completely.

**Q: My parents are still very active but I worry about the future. They have not discussed with me any of their finances nor do I know their opinion on life supports or who they want making decisions for them. How can I bring it up to my parents?**

**A:** One idea is to ask your parents if they are worried about money. That sometimes is a good way to open the

door without prying. From there let your parents know how much you care about them and your concerns. Keep the discussion open ended and continue to remind your parents you want to do what is important to them. You are interested in being designated as the person to make decisions if they can not make medical decisions due to medical needs. If necessary, share a story about a friend whose parents had expressed their opinions to their children and how your friend made medical decisions when it was needed. If your parents are open, inform your parents that an Elder Lawyer is a good person to meet as they may be able to put together the necessary legal documents to protect assets and also the legal documentation for decision making. This form is called a Health Care Proxy. **Elder-Care Resource Services** is able to recommend Elder Law Attorney's who have an expertise.