Elder Care

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What is Elder Care

Care given by an individual (the "caregiver") to an adult May include a broad array of services:

- Housing
- Transportation
 Financial
- Home maintenance
- Health care
- Counseling
- Legal services
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Assessing the Need of Older Loved Ones

- Is your loved one able to:

- Is your loved one able to: Dress and undress without assistance? Drive or use public transportation independently? Shop and do other errands without help? Prepare their meals? Bathe and do other personal care without assistance? Get in and out of bed? De left alone safely? Pay bills and manage finances independently? Clean their home? Remember to take prescribed medications? Use the telephone? Ocommunicate their needs? Walk and climb stairs? Make appropriate decisions?

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Professional Geriatric Case Managers

- Perform assessments

- Perform assessments Formulate care plans Advacate for your loved one Offer short or long term assistance Screen, arrange for and monitor care services Review financial and legal issues Ensure compliance with benefit requirements Seek out cost saving options Assess in-home medical needs and contact providers Coordinate a move Arrange resplie care Provide counseling, support and education Conduct and/or find support groups



Community Resources

- · Senior Centers
- Transportation services
- Meal delivery programs
- Friendly visitor / companion programs
- Grocery delivery
- Cleaning servicesErrand services
- Adult day care
- Personal Emergency Response System (PERS)

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Home Care Services

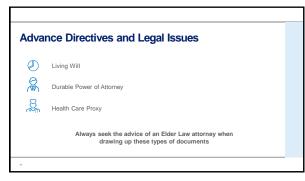
- Custodial care: Assistance with activities of daily living (ADL): bathing, dressing, eating, etc.
 Companion care: No ADL care, but companionship, errands, light housekeeping, meal preparation, etc.
- Skilled care: Medical care that requires the services of a skilled professional: Nurse, Physical, Occupational or Speech therapists, etc.

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Alternative Housing Options

Retirement Communities

- Independent living, assisted living, skilled care
- Assisted living facilities: communities or residential
- Varied levels of care
- Long-term Care Facilities
- 24 hour supervision
- · Levels of care: custodial, intermediate, skilled, sub-acute



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How to Pay for Care

- Self-pay
- Long Term Care insurance
- · Medicaid and Medicaid waivers
- Medicare
- Medicare HMOMedigap
- Veteran's benefits

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Encouraging Older Relatives to Use Services

- Be sensitive
- Ask about their feelings
- Ask what they want
- · Be supportive
- · Never be pushy or forceful
- Be creative







THANK YOU FOR PARTICIPATING!

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