

Elder Care



AnthemEAP

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Objectives

- What is Elder Care?
- Assessing the Needs of Your Older Loved Ones
- Professional Geriatric Care Managers
- Care Options for Older Adults
- Community Resources
- Home Care Services
- Housing Options
- Advance Directives and Legal Issues
- How to Pay for Care
- Encouraging Older Relatives to Use Services

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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:

- 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?
- Be left alone safely?
- Pay bills and manage finances independently?
- Clean their home?
- Remember to take prescribed medications?
- Use the telephone?
- Communicate their needs?
- Walk and climb stairs?
- Make appropriate decisions?

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Professional Geriatric Case Managers

- Perform assessments
- Formulate care plans
- Advocate 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 respite care
- Provide counseling, support and education
- Conduct and/or find support groups

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Care Options for Older Adults

- Community resources
- Home care services
- Alternative housing options



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Community Resources

- Senior Centers
- Transportation services
- Meal delivery programs
- Friendly visitor / companion programs
- Grocery delivery
- Cleaning services
- Errand 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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Advance Directives and Legal Issues

-  Living Will
-  Durable Power of Attorney
-  Health Care Proxy

Always seek the advice of an Elder Law attorney when drawing up these types of documents

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How to Pay for Care

- Self-pay
- Long Term Care insurance
- Medicaid and Medicaid waivers
- Medicare
- Medicare HMO
- Medigap
- 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

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Helpful Resources

- eldercare.acl.gov
- aarp.org
- medicare.gov
- va.gov
- aafp.org
- ageinplace.org
- alz.org
- ssa.gov

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Evaluation Survey

QR Code



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THANK YOU FOR PARTICIPATING!

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