

PRESS RELEASE: How can you go on Vacation with Aging Parents left behind?

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How can you go on Vacation with Aging Parents left behind?

“Vacation Respite for Renewal” a new service for families.

By Linda Fodrini-Johnson, MA, CMC, MFT

WALNUT CREEK, CA- Securing and finding the time away from your usual routine is promoted in every article you read on reducing stress. “But, how?” most families ask. Linda Fodrini-Johnson, Executive Director of Eldercare Services, recommends that families providing 24 hour care or even care remotely take the time needed to renew their energy by taking advantage of respite care in the home. Staying at home is less disruptive to the elder, especially those with dementia.

Eldercare Services, is a comprehensive Geriatric Care Management business and provides both the professional oversight and the trained caregivers necessary to give families peace of mind while they are away.

Over 34 million adults provide care to an adult over 50 and the average age of those caring for someone over 65 is 63 years according to the Family Caregiver Alliance. Studies show that caregiving can have a negative affect on cardiac health, insulin levels and the immune systems. The depression rates can be as high as 40% for those who provide care to someone with a dementia. Love is the pull to care but self care and respite is what allows families to continue this journey of unselfish love.

Eldercare Services provides 24/7 care with the oversight of Professional Geriatric Care Managers. The professional is often a certified Geriatric Care Manger who is also licensed as a nurse or

social worker. They will advocate and secure help, services and quality of life for the elder while the family is out of town.

Some families only need a professional to be on call for them and don't need hands on caregiving. Eldercare's professional team is more than happy to serve as the surrogate family while primary caregivers take well deserved rests.

Eldercare Services has been assisting families in the San Francisco Bay Area since 1989. Their professional staff helps families make hard decisions. Eldercare is a pioneer in a unique delivery of services, providing counseling, geriatric care management, family support groups, classes and direct caregiving. The empowered family is the goal. They have offices in San Francisco and Walnut Creek, California. Contact information: (415) 469-8300 and (925) 937-2018, [www.EldercareAnswers.com](http://www.EldercareAnswers.com)

Linda Fodrini-Johnson is the Founder and Executive Director of Eldercare Services and is a distinguished member of the National Association of Professional Geriatric Care Managers.