

Eldercare Answers

January 2010



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Families take various paths to arrive at a decision about moving a family member with dementia. Physical safety could be a driving concern for a family at a distance. Or, the elder may be a target of undue influence and abuse. A well spouse may move the couple into a retirement community to help a spouse with dementia and to serve their diverging needs in the future. This can be a good solution to keep the couple together without the elder at home needing to drive long distances.

An individual with dementia seldom says, "I think it is time to move". In fact, because of their changing abilities, they often become very much a "home body" and refuse to go out – especially to unfamiliar settings. Sometimes an innate ability to sense that they are losing control over their life results in defensiveness and resistance to suggestions to move by friends or family. Can you imagine what it would be like not to remember your grandchildren's names? Or, if you need to pay a bill such as property taxes? I once had a client that paid her property taxes 4 times in one month!

Moving Someone with Dementia

This challenge to get the person with dementia to see the need for a more supportive environment is not only resistance to change but the inability to reason - a cognitive process impaired by the progressive dementia.

So, what does a family do? The best avenue is to work with a professional certified Geriatric Care Manager who can assess the client, look at past history and values and help the family narrow their choices of living environments. The family, with the coaching of the Care Manager, can tour senior housing options and make decisions based on current and future needs. In the San Francisco Bay Area there are many excellent retirement communities, some specific to the care of those with memory loss. Each caters to differing personalities, needs and resources. That is why, when working with a professional Geriatric Care Manager who is familiar with the nuances of each community, the family is able to narrow their choice to one that will work long term. Our goal is to avoid multiple moves whenever possible.

The second step is to ask, how do we do this? How do we get Mom to go to this new living environment? Do we take her

things or buy all new furniture? Each situation and approach will be different. The professional will guide the family through each step of the process. We will work creatively to accomplish what is necessary and will be sure the family has the legal ability to make the transition.

After an acute hospitalization, the discharge may be directly to the retirement community chosen by the family with the guidance of the professional.

Eldercare Services' Professional Geriatric Care Managers do not take any fees from facilities for making a placement. They work solely for the family thus give you unbiased direction and coaching throughout this process.

A successful move is dependent on good guidance and creative interventions.

Moving & Dementia

☒ Check List

1. **Select a Professional Geriatric Care Manager that doesn't receive placement fees**
2. **Share safety concerns with a Care Manager**
3. **Discuss values & future needs**
4. **Work with the Care Manager to plan the move**



How do you want your newsletter?

If you would prefer to receive this newsletter by email to conserve paper please send an email to BerylA@EldercareAnswers.com



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Community Classes

Walnut Creek

Families Dealing with Dementia

Friday, January 15, 2010 from 10 AM to Noon

Dementia – Middle of the Road

Tuesday, February 9, 2010 from 6 to 8 PM

Class Registration: Please call at least 3 days ahead

For more information regarding classes and support groups, please call (925) 937-2018, (415) 469-8300 or email us at info@EldercareAnswers.com

Support Groups

When concerns for aging family members are part of every day life, or when they interfere with work, your health or other relationships, you need to join a support group.

Caring for An Aging Family Member

2nd Thursday of every month from 7 to 8:30 PM

1808 Tice Valley Blvd., Walnut Creek, CA 94595

1st Tuesday of every month from 6 to 7:30 PM

605 A Cheney St., San Francisco, CA 94131

Cost for Support Groups: None

Support Group Registration: Not required

Eldercare Services has offices in Marin, Oakland, San Francisco and Walnut Creek, CA. Visit us on the web at <http://www.EldercareAnswers.com> for more information.