



Care Management Saves the Life of Many Family Members

June Affirmation:

"Following my intuition and my heart keeps me safe and sound."

"I am not sure what we would have done or what would have happened to me had I not had the guidance, coaching and advocacy of my care manager. She saved my mom's life!" A quote from a recent thank you card that echo's many cards I have received over the past 30 years.

"We turned to Eldercare Services for help when it became apparent that Mom could no longer manage the day to day care for Dad as his Alzheimer's disease progressed," says Ross Fisher, the son of long time clients who have now passed on. "We found that not only were we provided with reliable and devoted caregivers in the home for the designated shifts, but additionally had an advocate called a Care Manager or Care Advocate. The Care Manager contributed advice and wisdom as our family had to make gut-wrenching decisions for Mom's beloved husband of 68 years, our dad."

This is exactly what we provide, yet hard to articulate unless you have experienced the real value of an expert leading you in uncharted waters.

"Shortly after Dad passed, we had to call upon Eldercare once again due to Mom's incapacitation. Over the next six years, Mom's mobility declined and her need for Activities of Daily Living (ADL) assistance increased, the Care Manager was right there for us helping make the decisions on how to provide the comfort and dignity we desired for our loving Mom," continues Fisher. "She was someone I could turn to. I never felt alone in the ominous process of caring for my parents. Being the primary caregiver can be scary at times and make you feel helpless. If our caregivers were angels, then our Care Advocate/Manager was St. Peter!"

Interestingly, adults will seek the guidance of:

- Medical providers for health
- Attorneys for legal direction
- CPAs to keep us out of trouble with the IRS
- Hair stylists to make us look good

Yet most of us don't seek an expert for options necessary for a quality long life and the interdependence each of us will most certainly need at the end of our life. That is exactly what your Care Manager will be for you.

My wish is that every person 65+ would have a consultation with a Care Manager to examine their options and plan for end of life. Consultations inform individuals about entitlements, local and national resources and assist with end of life planning rather than wait until a crisis occurs.

The Professional Care Manager who is vetted

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Providing families with Care Management, Home Care Services, Advocacy, Counseling, Support Groups, and Education since 1989.

Visit us on the web at www.EldercareAnswers.com for more information.



by education, experience, code of ethics (NAPGCM) and a certification process will be:

- 1) Your **advocate** in every arena (medical, social, family, entitlements).
- 2) Your **coach** when giving or receiving care – teaching you how to care for both yourself and your family member.
- 3) Your **counselor** – assuring that self-care and values are always respected.
- 4) Your **conduit** to other local resources and/or entitlements. Seeing you get what you are entitled to.
- 5) Your **lifesaver** – saving you time and money in helping you plan wisely. If you are currently traveling to observe a parent – then having a local Care Manager will save you time and give you real-time information about status.
- 6) If you have caregivers, the Care Manager will also ensure they are doing the job they are hired to do and assist them in skill development as well. As always, for us at Eldercare Services, the core of our work is making sure that “quality of life” is based on client values. People may claim to be “Care Managers,” but for

the excellence you want for your family members or clients, only hire Care Managers that adhere to the Code of Ethics and Standards of Practice sanctioned by the National Association of Professional Geriatric Care Managers (NAPGCM).

Once you consider care management for a parent, friend or client, please give us call at 866.760.1808 and we'll find a Professional Care Manager in the area you or your family member lives. You can count on your Care Manager 24/7 because she or he is supported by a team of multi-disciplined Care Managers that make up our clinical team, directed by Vince Brim, PsyD, CMC.

Eldercare Services can and does save the lives of family caregivers or family members. We help make the lives of our clients the best they can be by creative, wise counsel and by teaming with our clients to respect their values at all times.



Linda Fodrini-Johnson, MA, MFT, CMC
Founder and Executive Director of Eldercare Services and is a Fellow and past President of the National Association of Professional Geriatric Care Managers (NAPGCM)

Upcoming Events

MONTHLY SUPPORT GROUP

Caring for an Aging Family Member

Addressing the fears of Alzheimer's disease and other issues associated with aging.

Walnut Creek Group

2nd Thurs of every month

6–7:30 pm

Eldercare Services, Walnut Creek

No registration necessary*

COMMUNITY CLASS

Dementia: Families at a Crossroad between Respect and Safety

- How to have a conversation about needs when denial is present
- Giving you the language to make hard decisions for another
- Giving you permission to “stretch the truth” for dignity

Tuesday, August 12, 2014, 5:30 pm–7 pm

Eldercare Services, Walnut Creek

Advanced registration required. Call 866 760 1808.

Eldercare Services provides Counseling, Support Groups, Home Care, and Care Management to aid Family Caregivers. If you or someone you know could benefit from self-care, give us a call at **866 760 1808** or email us at Info@EldercareAnswers.com.