



April 2015

# NEWSLETTER

## About Our Founder

Linda Fodrini-Johnson, MA, MFT, CMC, is a Licensed Family Therapist and Certified Care Manager becoming a Professional Care Manager in 1984. Linda founded Eldercare Services, a full-service care management and home care company that now employs over 200 caring people. Eldercare Services has been providing Bay Area families with care management, home care services, advocacy, counseling, support groups and education since 1989.

*Linda Fodrini-Johnson*  
MA, MFT, CMC  
Founder &  
Executive Director



## Worried About Your Memory & What to Do?

If you find yourself forgetting names, places, dates, or appointments, you might think you have a dementia like Alzheimer's. You may seek answers from lots of different people or the internet. You may also put it on the back burner and chalk it up to stress or overworking.

Professional Care Managers can help guide you to resources that will evaluate your situation and give you hope and direction that will allow you to be more pro-active while reversing and/or reducing the symptoms that are worrying you.

All of us forget at times. We drive past the exit we wanted, we forget the name of a neighbor we have known for years, or we go to the market and buy everything *but* the milk we went for! Stress, dehydration, multi-tasking, being a caregiver for another, and many other situations can all contribute to forgetfulness.

The positive point of getting an early diagnosis – such as Alzheimer's, is that you could then be a candidate for medications that can help preserve some of your functioning. It can also give you a chance to change lifestyles, eat healthy foods, stay engaged and exercise more. You can design the care you want and make legal and financial decisions to support your wishes.

## 10 Early Signs and Symptoms of Alzheimer's

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks at home, at work, or at leisure
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships

6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

**Source:** Alzheimer's Association (Alz.org)

A Professional Care Manager can be your conduit to good solid answers, pro-active planning, resources that respect your values and fit your budget while considering your current and future needs.

Some memory loss can be attributed to other illnesses such as depression, vitamin deficiencies, thyroid problems, and many other medical diagnoses. We advise going to your physician with your symptoms early on. Don't be fearful of the diagnosis; be pro-active and take charge to have the highest quality of life possible.

We perform memory screenings in our office at no charge. If this simple test shows any evidence of cognitive changes, we will give you a report for your physician and refer you to a local neuropsychologist, Alzheimer's Center or Hospital Diagnostic Center for further testing.

Call for an appointment – the test will not exceed 15 minutes. It is confidential and administered by one of our Certified Professional Care Managers who have backgrounds in health and human services fields such as counseling, psychology, nursing, and social work.

If you are concerned about a family member out of the area – give us a call at **866.760.1808** and we will connect you to a member of the National Association of Professional Geriatric Care Managers (NAPGCM). As a former past president of the NAPGCM, I personally know many professional care managers across the country who can assist you.

## Eldercare Services Receives 2015 Best of Home Care® Provider of Choice Award

Eldercare Services received the Best of Home Care Provider of Choice Award from Home Care Pulse. Awarded to only the top ranking home care providers, based on



client satisfaction scores gathered by Home Care Pulse, Eldercare Services is now ranked among a select few of home care

providers across the country that have proven their ability to provide outstanding care.

Events

### Dementia Behaviors: Strategies & Solutions

THURSDAY, JUNE 4, 2015  
5:30—7:00 PM

- Tools on how to have conversations about needs when denial is present
- Giving you permission to “stretch the truth” for dignity, safety & self-esteem
- Understanding the different types of dementia

No Fee. Advance registration required  
*Class intended for family caregivers or those dealing with the challenges of aging.*

### Caregiver Survival 101: Caring for Someone with a Dementia—Reducing Your Stress

THURSDAY, AUGUST 6, 2015  
5:30—7:00 PM

Riding the roller coaster of dementia care? If the emotional ups, downs, & loop-de-loops are making your head spin, our Caregiver Survival series is for you!

- Self-care activities and mini-support group
- Responses and reactions to reduce your stress

No Fee. Advance registration required  
*Class intended for family caregivers or those dealing with the challenges of aging.*

To register for classes, call:  
**866.760.1808**  
or email:  
[info@EldercareAnswers.com](mailto:info@EldercareAnswers.com)

Location:  
**ELDERCARE SERVICES**  
1808 Tice Valley Blvd.  
Walnut Creek, CA 94595