



Newsletter **AUGUST 2015**

How Do You Find Resources For Aging Parents Or Clients?

Where do you start? Do you go to “Google” and start a search? Do you ask friends and relatives? Or, do you just make up your mind and do something without thinking it over? We all have different styles of finding answers, solutions, and direction. The majority of us like to do it all ourselves – because we are in control or so we think.

If you did a search on “Google”, which seems to be the first step for most people in 2015, do you read the paid ads at the top or drop down to the generic search results just under the paid ads at the top? Once you have two or three that sound like the perfect fit for your situation, how then do you make a choice?

Some of you who know us well may say – “We would just call Eldercare Services!” Thank you for that confidence and we will continue to give you resources, direction or direct services. However, what if you are looking for resources for your mom who lives in West Palm Beach or Indianapolis . . . How are you going to find the right person to help you

with your crisis, or maybe it is just a “handyman” for mom now that dad can’t do those little repair jobs.

The new name for the expert you need is an “Aging Life Care Professional” previously known as Professional Geriatric Care Manager (PGCM). The National Association just recently changed their name because of the confusion on who is a “care manager or case manager” – since to call yourself this doesn’t take a degree or even experience. Some retirement communities even call their caregivers by this term. Thus, the change to a name that involves strict requirements for advance education, specific experience, and certification was necessary. These professionals across the country are non-biased and what we call “client-centric,” means they make recommendations based on the clients’ values and needs. The process includes referring to local community resources (from whom they receive no fees) as well as securing entitlements (rights to

[...Continued on next page](#)



About Our Founder

Linda Fodrini-Johnson, MA, MFT, CMC, is a Licensed Family Therapist and became a Certified Care Manager in 1984. Linda founded Eldercare Services, a full-service care management and home care company in 1989, which now employs over 200 caring people. Eldercare Services has been providing Bay Area families with care management, home care services (caregiving), advocacy, counseling, support groups and education for 26 years.

MONTHLY AFFIRMATION: *“I’m open to positive change in all areas of my life.”*

benefits specified by law) to ensure that clients and their families have the highest quality of life possible.

The Aging Life Care Professional is the advocate for out of town families, is the counselor and is the coach to those dealing with dementia. This person can assist in finding senior housing and local resources, but can also be a mediator for families in conflict on what is best for aging family members.

Asking other trusted professionals in your network is often a good idea as these financial, legal, and medical professionals often interact with the “experts” in the Aging Life Care Association; although they may still be referred to as “Professional Geriatric Care Managers.”

Once you find a professional organization like Eldercare Services it is okay to ask to speak to other

clients for references. Reputable agencies will be more than happy to connect you with families who have received assistance with the same challenges you may be experiencing.

Venture cautiously when shopping on the internet. A common problem with the new wave of companies entering the marketplace is their emphasis on technology. This is a human services area that technology can sometimes help, but it cannot replace the need for expert human interaction. When caring for someone you love, you need an “expert” you can rely on 24/7, who can be there when you can’t and can help you with the most heart-wrenching of decisions. You are not alone...truly there is a wonderful network available to be your ally and advocate as you search for the best solution.

Upcoming Events

Brain Remodeling: You Can Change Your Brain and Your Health

WEDNESDAY, OCTOBER 14, 2015 • 5:30PM

A workshop for family caregivers or those dealing with the challenges of aging with Linda Fodrini-Johnson of Eldercare Services. You will learn:

- How you can repair damage done by stress to your brain
- Simple ways to change your chromosomes
- The power of “mindfulness”
- It’s never too late to be a better you!

**Limited Seating. No Fee. Class intended for family caregivers or those dealing with the challenges of aging.*

Monthly Support Group

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

Caring for an Aging Family Member

2ND THURSDAY OF EVERY MONTH • 6PM – 7:30 PM

Addressing the fears of Alzheimer’s disease & other issues associated with aging.

**No fee. No registration required.*

Location of Events: Eldercare Services 1808 Tice Valley Blvd. Walnut Creek, CA 94595

TO REGISTER Call: [866.760.1808](tel:866.760.1808) or Email: info@eldercareanswers.com