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Newsletter

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Are You Managing Several Chronic conditions?

Managing a number of conditions is a challenge for the patient and the family. In a recent article in the Wall Street Journal, Dr. John Piette who researches chronic-disease management at the University of Michigan said that “Sometimes different doctors give patients conflicting information and advice.”

Medication management and problems with interactions could be a serious issue. Dr. Plette suggests that patients (or family caregivers and professional care managers) write down as much information as possible at every appointment and then encourage the patient to get the doctors to talk to one another.

Here are 6 tips to assist those with multiple chronic conditions:

1. Choose one health care provider to be your primary doctor and be sure that the doctor is updated on all visits, medications, treatments and test results of each condition for which you see other doctors.
2. Write up your health history and keep it updated – it might be dates of surgeries, test, diagnosis, medications, etc. Be sure to have a section on allergic reactions to medications, foods or environmental irritants.
3. Keep an updated list of current medications and bring it to every doctor visit. Don't depend on them to have updated your records when another specialist might have changed a dosage or a drug.
4. When given any new drug, be sure to alert the prescribing doctor to other medications. You may need to ask to have a consultation with a pharmacist who specializes in giving discussions for these types of conditions.
5. If you feel overwhelmed with all the treatments or care needed, tell your primary medical provider. He or she might help you prioritize what is most important and/or refer you to a professional care manager/aging life care expert who could help you



About Our Founder

Linda Fodrini-Johnson, MA, MFT, CMC, is a Licensed Family Therapist and Certified Care Manager. She has been practicing professional care management (now called aging life care) since 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 know that by helping others I help myself.”*

set up systems that support your quality of life and reduce your worry and anxiety.

6. If you get conflicting advice – don't try to figure it out on your own. Make an appointment or call your primary care physician immediately.

Time management is a major challenge for those caring for someone with multiple conditions, especially when dealing with a life that seems to revolve around medical appointments, treatments and medication regimes. This becomes exhausting for both the family caregiver and the patient and it starts to color life with a dark crayon. It looks like every day is focused on the health aspect of life and the other parts are out of balance – things such as the beauty of nature, family relationships, spiritual growth, hobbies, being able to do things for others, seeing friends, and other important aspects of life.

I suggest that every day you have a task, such as an appointment or medical procedure, you also put on that day's calendar one "joyful" activity. For instance, after the appointment, bring a bag lunch and sit in the park watching the birds, or go get a massage – both for the patient and the caregiver family member. You name the activity that adds to the quality of your life and be sure to weave it into those busy days that become overly focused on the health of another.

The professionals at Eldercare Services are experts in helping families and individuals with multiple chronic conditions balance health care with quality of living. If you are struggling with this issue or want to improve the life of someone close to you, give us a call and ask for a consultation with a Professional Care Manager/Aging Life Care Expert.

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** or Email: info@eldercareanswers.com