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Newsletter

JANUARY 2016

Is Your “Advocate” Prepared to Act For You?

You have done all your legal planning, and you have named individuals to act on your behalf or you have recently helped an older family member update their legal tools – so are you done now? The answer is no!

Having a conversation about your values, wants, interests and even end of life plans with an appointed advocate to assure your wishes are adhered to is critical. Otherwise, they will need to do their best and just guess what you might want if you no longer have the capacity to participate in decision-making.

A few years ago, a client of mine in his early 90’s who was living alone and doing very well, contracted pneumonia. He asked for a little help with meal prep, but he was doing just fine. This was a gentleman that had been the CEO of a large corporation, a very bright and social engaged man. Well, a “what if” happened and during this period of being treated for pneumonia, he fell and ended up in the intensive care unit of a major hospital.

You can imagine what a 92-year-old with a broken hip and pneumonia looks like; not good. As his advocate, when I showed up at the intensive care unit the nurses were talking about just giving comfort care because of his presenting conditions and age. After I was able to describe his life just a month before, they began to treat him much more aggressively, and after some rehab he returned to his active lifestyle. I remember him calling me and thanking me for the “quality of life” he never expected at 95! In fact, he called with the same message just days before he did leave this life.

We all need advocates to assist the medical team in their decisions about treatments, outcomes and ultimately the quality of life we might have after a major medical incident or illness.

Many clients just need someone to ask them questions about the many possible “what if” scenarios that come up in life. Have you ever thought, What if I get a dementia? What would I



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 rest assured that I will live every day of my life with meaning and value.”*

want for care? Well, I have, and my advocate knows exactly the things I value and want in my life no matter what the “what if” I am experiencing. Now they might skip the “tight sheets” (I am like the princess and pea) but I surely need to have trees, gardens and pets in my environment and to be in touch with nature as much as possible.

Be sure to do your homework. Research options and tell your advocate just what you might like if you need someone else to make decisions for you. We are all unique, and our desires for stimulation and environment can be different than those of our advocates – that is why these conversations can make all the difference to our quality of life.

Our staff of Care Managers can help you with these conversations or just help you decide what is important and how you would find ways to keep what gives your life meaning and value always present. Give us a call if you are stuck with this issue and we will help you to a place of peace.

Upcoming Events

Dementia: Understanding Behaviors & Finding Solutions

WEDS, JANUARY 20TH, 2016 • 5:30 PM

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

** No fee. Advanced 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

WEDS, MARCH 23RD, 2016, 5:30PM - 7:00PM

Riding the roller coaster of dementia care? If the emotional ups and downs and the loop-di-loops are making your head spin, our Caregiver Survival Series is for you! Topics include:

- The major challenges of dementia care
- Responses and reactions to reduce your stress
- Self-care activities, mini-support groups, and resources for coaching and support

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

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