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Newsletter

OCTOBER 2016

Preparing for Surgery - For Yourself or Family Members

Many of us will have a surgery scheduled to repair, replace or cure an illness. Some of us will have elective surgeries for cosmetic reasons. Being prepared will most definitely lead to a higher rate of success and recovery.

What does it mean to prepare for something that brings about anxiety, worry, and concern? It means we need answers to lots of questions about the type of surgery and the recovery process. It also means we need to work on our anxiety so that we are mentally prepared, and we can envision a positive outcome. It is a good idea to work on relaxation exercises way before the surgery - contact our office and we would be happy to send you a few.

Being physically fit also helps us have the best chance at bouncing back sooner and having fewer complications while in the hospital.

Here are a few tips on getting your body ready – if you have the time at least six weeks before the scheduled surgery:

6 Weeks Before

1. Exercise: Daily walking, bicycling, or swimming can improve lung function and overall physical conditioning. Also, repeatedly blowing up a balloon can be helpful to get those lungs in shape. Ask your doctor before starting any aerobic exercises – and remember to start slow and work up to your goal.
2. Improve your Nutritional Status: Eat a heart-healthy diet that includes lots of plant-based proteins, leafy greens, less red meats and avoid processed foods and fast food. Reduce sugar consumption, and if you are diabetic keep those numbers in the 90-110 range. Your physician can assist you with this preparation or refer you to a nutritionist.



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 make my health my responsibility and team with experts for the best outcomes.”

3. Stop Smoking! Smoking can cause poor wound healing and affect your lung functioning. Kick the habit; this is an excellent time to start.

Bring An Advocate With You

1. They can take notes and be sure everyone treating you is aware of your unique needs. They can also check to see that all those attending you are using Universal Precautions – wearing gloves, not working while ill, washing their hands before and after giving you any treatments!
2. If you are post 60, you can start to become de-conditioned within two days of being admitted to a hospital due to dehydration and lack of mobility. Bring your own water bottle that is easy to hold to the hospital with you – make sure it is near you or your advocate does. Be aware that some procedures, health issues and/or medications might restrict your water intake – this is a great role for your advocate to ask questions about and encourage you to drink water if you can!
3. Mobility. Often you can lose conditioning (muscle mass) because the doctor did not write orders for Physical Therapy. So have your advocate ask questions and if you can get up and move – do so as often as you have energy, and it is within the plan of care.

All of these tips will give you the greatest potential for a good outcome and a swift recovery. Don't forget when you get home - keep up that healthy diet, exercise and follow discharge orders!

Professional Care Managers act as advocates for those without families in the area as well as for those who want experienced experts asking those important questions, before, during and after a surgical procedure. Call our office and we will connect you to a care manager anywhere in the country!

Upcoming Events

Legal Tools for Families

FRIDAY OCT. 21st, 2016 • 2:00PM-3:30PM

Discussions Include:

- What Legal Tools do you need?
- How to approach & communicate with family members regarding legal planning
- What is Medi-Cal? Why do you need to think about it?
- Conservatorships - When do you need one? Or, will you need one?
- Learn when you should update your legal documents

**No fee, but advanced registration is required. Visit EldercareAnswers.com for registration information.*

Life-Enhancing Activities for those with Alzheimer's/Dementia Living at Home

FRIDAY NOV. 18th, 2016 • 2:00PM-3:30PM

Understanding the value and benefit of engaging in meaningful stimulating and social activities.

- Learn how to adapt activities when cognition and physical changes occur
- Hands on demonstrations of specific physical activities designed to help alleviate some behavior changes associated with dementia
- Creating moments of joy

**No fee, but advanced registration is required. Visit EldercareAnswers.com for registration information.*

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