



**Eldercare
Services**

EXPERTISE MATTERS

Accredited by The Joint Commission



October 2014

NEWSLETTER

ABOUT OUR FOUNDER

Linda is a Licensed Family Therapist and Certified Care Manager. She has been a Geriatric Care Manager since 1984 and started her private practice in Walnut Creek, California in 1989. Eldercare Services is now a full-service geriatric care company, employing over a dozen Professional Geriatric Care Managers and more than 200 employees, serving the San Francisco Bay Area for over 25 years.

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



The Earth is Shaking...is Mom Okay? Older Adults at Risk in a Disaster!

Wild fires, mudslides and other natural disasters happen and are often unpredictable, but it's important for those of us in the Bay Area to be ready for the most powerful natural disaster that could occur at any time – a major earthquake.

So, what do you do – before, during and after a disaster of any kind – especially if you have older family members or clients? Do you and your loved ones have an “emergency kit” just in case? What supplies would you need if everyday resources became unavailable?

As you place that pumpkin on the front porch, think about this real possibility and plan accordingly every year. An annual October check-up of your emergency supplies, contact lists, and family plan can help you and your loved ones cope with – and recover from – certain unforeseen events.

5 Important Tips:

1. Have a kit with a minimum of 3 days' food supply, medications and important information. Backpacks work real well for these kits – easy to pick up and leave the house with! Pre-made kits are available online from the American Red Cross (click here to purchase). Remember pets need a backpack of supplies too!
2. Keep a pair of shoes with good soles under your bed (the biggest injury in the Napa quake was cuts to the feet). Also, a Life Guard whistle next to the bed could be a lifesaver – found on the Red Cross store as well. Keep your phone near you at night – fully charged or charging.
3. Have a plan before any emergency happens:
 - Neighbors can be good checks for one another – but they need to have family emergency contact information in case of serious injury to you or your home.
 - Keep your contacts up to date. Be sure that your out-of-area contact knows when you are traveling. Give dates of travel so that there is no unnecessary worry that you might have had an injury when you or your family member is just out of town.

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- Arrange to have someone who lives out of the area check on you – immediately after a disaster to see if you need assistance. Keep in mind that phones might not be in service and if you will need someone to come to your home, this person will be able to arrange that.
- Make sure someone has a key to your home or knows where you hide one around your home.
- Share your relevant health information documents with the person who will access help for you. Tell him or her where you keep your emergency kit.

4. Those with disabilities will need to think about all of the support equipment that might be required and have that equipment available along with those items listed in an emergency kit. If you or your family member uses oxygen, it is important to have three days' supply and a mobile tank on hand.

5. For those who wear glasses – keep an old pair in your emergency kit.

Our local PBS radio and television stations often have pledging premiums as a gift when you pledge that include these kits and/or crank battery generated radios that will charge a phone. Maybe this month you could do both – pledge to your local PBS station (look them up online and see the choices of gifts) at the same time as getting your emergency supplies! A win-win solution for everyone!

The professional Care Managers working with our clients are more than happy to put together these kits for clients. Remember your grandmother said, "It's better to be safe, than sorry." Now is the time to work on safety. We can partner with your clients or family members in home safety evaluations by putting together a plan and a kit for the "What-If's" of living in the San Francisco Bay Area!

For more information about Eldercare Services or to schedule a complimentary professional assessment, call (866) 760-1808 or visit our website at www.EldercareAnswers.com. Eldercare Services has been making a difference in the lives of Bay Area families for over 25 years...and



Dementia Education Series

Join Linda Fodrini-Johnson as she discusses what you need to know, what you need to plan, and what you and your family can do when faced with the challenges of dementia.

Dementia Road Map: From Diagnosis to Family Care

THURSDAY, NOVEMBER 6, 2014

5:30 PM – 7:15 PM

- What is dementia? Where is it diagnosed?
- Understanding the progression
- What does a Family need to do to prepare for the journey?
- Protecting Dignity and Reducing Stress in all family members

No Fee. Advanced registration required.

Class intended for family caregivers or those dealing with the challenges of aging.

Location:

ELDERCARE SERVICES 1808 Tice Valley Blvd. Walnut Creek, CA 94596

To register for classes, call:

877.760.1808

or email:

info@eldercareanswers.com