



**Eldercare
Services**

EXPERTISE MATTERS

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Newsletter

September 2017

THIS MONTH

Elder Orphans: Growing Older without Adult Children to Care for You

Are you an older adult without adult children or any extended family to oversee your care as you age? Are you concerned about someone else in your circle of friends who just doesn't have that needed advocate?

There is a new term being circulated called, the "Elder Orphan." An Elder Orphan is an older adult without adult children to make decisions, monitor well-being and advocate for him or herself should capacity be lost from a progressive illness like Parkinson's or Alzheimer's disease.

It is imperative that those of you who fall into this category make your values, wishes and desired options known to a responsible party before a health crisis. Often your estate attorney will ask you who you want to make decisions for you should you lose capacity and who you would want to manage your financial resources as well.

If you have not made plans for yourself and don't have a family advocate who has legal powers, you could find yourself hospitalized and then have the public office of conservatorship or guardianship take over your affairs, making decisions for you based on "safety" and not on your wishes and wants.

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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 28 years.

MONTHLY AFFIRMATION

**"I have an advocate
who will see to my
wants and wishes."**

Choosing the right advocates to make decisions for you is very important. You can have a bank become the trustee of your estate; most Estate and Elder Law attorneys will know certain banks or trust companies that excel in giving good oversight. Professional Care Managers have great relationships with many major banks and can make recommendations as well.

Locating a private fiduciary that is licensed and experienced is your best bet - and if that referral is from a trusted professional source rather than an organizational list, you will probably have an even better experience.



About twenty years ago, a senior who had a special needs son came to me because she felt she had no one to care for her son after she died. At that time, I did hold legal powers for my clients, so I became a co-conservator with her for her son. I no longer do that, but I do partner with those who do.

The son needed supervision 24/7 and coordination with day programs and medical providers. She had a trust and a special needs trust for his needs. She was very specific on what she wanted to be done, down to the smallest detail of food for dinner and where his clothing should be purchased. These items are in my records. As a result, when she died over five years ago, with the support of extended family, a skilled expert Eldercare Care Manager and a good placement, we can now follow every wish to the smallest detail for her. This is because she did excellent planning and found a professional to help her, years before a need. Today, everything she wanted is being delivered.

If you find yourself as an "Elder Orphan," have a consultation with a Professional Care Manager to discuss and explore all your options and then take that information with you to your "legal expert" to design your documents around what you desire and who you want to provide care for you.

Upcoming Events

Life Enrichment Class

 Sept 12th  1:30pm – 3:00pm

Presented by: Eldercare Services

This month's class: Remembering School Days


Classes will include hands-on activities that are meant to create opportunities for sharing and reminiscing about personal experiences. Music and movement are included when appropriate for clients who are able. Sample activities include crafts, games, sing-alongs, short stories and poems.

These activities are appropriate for people who are cognitively intact and are seeking socialization and brain stimulation as well as people who are cognitively impaired to varying degrees.

All are welcome to attend the class, non-Eldercare Services clients are asked to pay a \$10 fee.

Please register by calling Eldercare Services at 925-937-2018

Dementia - The Road Map from Diagnosis to Family Care

 Sept 20th  5:30pm – 7:00pm

Presented by: Linda Fodrini-Johnson, MA, MFT, CMC, Founder of Eldercare Services

Topics include:

- What is dementia? Where is it diagnosed?
- Understanding the progression
- What does a family do to prepare for this journey?
- Protecting dignity and reducing stress in all family members

No fee, advanced registration is required.

Register at: <https://eldercareanswers.com/event/dementia-road-map/>
or call 866-760-1808.

Location of Events:

Eldercare Services, 1808 Tice Valley Blvd., Walnut Creek, CA 94595