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Newsletter

THIS MONTH

July 2018

Family Caregivers: “Overwhelmed & Untrained”

Can you relate to our title this month? Wow! That was a powerful statement from the AARP study on family caregivers published in 2015. There are about 40 million family caregivers over the age of 55 who are giving an average of 30 hours a week to this task. It is almost a full-time job and many of these caregivers are still in the workforce, so they are doing two full-time jobs. Is that you?

Of these families, 15 million are trying to provide care to someone with a dementia, such as Alzheimer's or Lewy body dementia, resulting in even more time commitment. Often that person needs 24/7 attention because of safety and impaired judgment.

To say that it is stressful is an understatement. It is challenging for families to protect the safety of someone who doesn't think that help is needed and is fighting every suggestion. Family members would benefit immensely by seeking training and learning tips on “communicating” with someone who has a dementia.

Recent caregiver research says that caregivers spend about 25% of their time on tasks such as shopping, appointments, cooking, assisting with personal care, helping with daily money management and a variety of other things like home repair or assisting with technology issues. However, what struck me was that caregivers spend an average of 13 hours every month on researching resources or information on their family member's illness.

Thirteen hours of searching is a bunch of time looking for answers or resources. How do you make decisions about what service to use, or health care advice to follow? The internet seems to be the first place that families search. What pops up first in your search are all the organizations or services that have “paid” ads. Then as you move down to the organic results of your exploring, you find organizations that provide the service or advice you are looking for as they have not just purchased a keyword that sends anyone who puts dementia (for example) into the search bar. It might be exactly what you have been looking for but, nine times out of ten, those listed first are a related service and

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 rest assured that I am on the right path with my loved ones.”

CONTINUED ➔

not the “expert” you were hoping to find.

A few tips in searching for “Senior or Elder” care services on the Internet:

- ▶ Has the company been in business for more than 5 years?
- ▶ Are they led by professionals related to what you need for your family members?
- ▶ Do they take referral fees from places they might find for you, possibly compromising objectivity?
- ▶ Do the professionals that work for the company belong to a profession that has a Code of Ethics and a Standard of Practice?
- ▶ Do they give back to the community – with education, donations or volunteerism?
- ▶ Do they have liability insurance? Bonding is extremely limited in its application – you want to be sure they have a good general liability policy.
- ▶ If you were not referred by another professional, can you talk to one of their current clients?
- ▶ How do they support the entire family – education, support groups, counseling?

Empowering families with education and support is part of our mission at Eldercare Services. We have a series of classes that we run all year long for those dealing with the dementias. We have a monthly support group and a third Friday of the month lecture series on a variety of senior issues.

If you want to save a lot of time and headaches in searching for services, you can schedule an appointment with one of our skilled and experienced, Aging Life Care Managers who have backgrounds in Social Work, Counseling, Nursing and related fields.

Turn your feelings of “overwhelmed” into peace of mind with excellent navigation from an expert that only works for you and will be unbiased in their advice and direction. Give us a call; we can help you in the Bay Area or we can find someone just like us anywhere in the country through our national network and/or our professional care management organization.

Caring for an Aging Family Member

2nd THURSDAY of EVERY MONTH
6:00 PM – 7:30 PM

Addressing the fears of Alzheimer’s disease & other issues associated with aging.

No Fee and No Registration Required.



Upcoming Events

The Great Debate: Senior Living Options

July 20th 2:00pm – 3:30pm

This month’s Speaker Series event is: The Great Debate: Should I Stay or Move? What are my Options?

Presented by: Linda Fodrini-Johnson

As we age, our needs, income, and priorities may change, which can affect where we choose to live. What worked for us as a thirty year-old may no longer feel comfortable and we find ourselves debating with ourselves and family members about our senior-living options.

Come learn how to manage this debate in a way that honors yours or your family member’s values and economic situation. This class is meant for seniors and/or their family members.

Whether you are experiencing these changes first-hand, or are supporting a loved one, you will be given lots of helpful information!

Advanced registration required. No fee.
<https://eldercareanswers.com/registration-5/>

New Options to Assist in Home Care Costs

Aug 17th 2:00pm – 3:30pm

This month’s Speaker Series event is: New Options to Assist in Home Care Costs

Presented by: Terry Davis, Silver Door Financial Services and Linda Fodrini-Johnson, MA, MFT, CMC – Founder and Executive Director, Eldercare Services

When it comes to your financial stability, planning ahead is essential.

What you need to know:

- ▶ Using equity to turn into cash for Senior / In-Home Care
- ▶ Avoid selling the family home
- ▶ Learn about entitlements you may be eligible for

Advanced registration required. No fee.
<https://eldercareanswers.com/registration-3/>

Location of Events:

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