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THIS MONTH

November 2018

## Comprehensive Life Care Plans: Do I or My Parents Need One?

Do you have the last quarter of your life planned well? Do your aging parents have a plan for their lives when things get challenging?

You might have answered "yes" to the previous questions, or maybe you think you have a plan because you have talked to an Estate Planning Attorney and a Financial Planner. Both of these professionals are very important to work with to have "life your way"; however, you would also benefit from meeting with a third professional so that you make sound decisions and reduce costly mistakes. That professional is a Certified or Credentialed Professional Care Manager sometimes called a Geriatric Care Manager or an Aging Life Care Professional.

Last month's newsletter was about some of the myths out there that we run across often on the aging journey. However, since I wrote that newsletter, another issue has come up in the news: That you might need a conservatorship of an individual to make care decisions that involve placement in a care setting or hiring in-home care. Conservatorships can cost families from \$10,000 to \$15,000 in legal and court costs.

The Living Trust of the Trustee, the Power of Attorney for Health (Advanced Health Care Decisions) and Power of Attorney for Finances might be all you need, plus the certification of medical advocates, to gain access to making these decisions and accessing the assets to pay for them.

An individual in the aging place or a friend can say you might need such a document, but they are not the experts you need to guide you. Usually, that expert is a seasoned Elder Law Attorney and a Professional Care Manager who can assist you when and if you need a conservatorship - it is rare when you have done proper legal planning.

The same is true for choosing a place outside the home for someone you have the decision-making capacity for. You want to know the red flags when this is necessary, your options and how to choose the best situation for a family member. That way you can rest assured knowing their needs are met, are affordable, and add to that person's quality of life despite the deficits in cognitive or physical functioning. If you are talking to a home care agency that does not have care management staff you are just going to get an estimate for hours of care.

### 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 let go of all worry  
knowing I have terrific  
resources."**

CONTINUED ➔

With an agency like Eldercare Services, you will receive a plan of care that includes outside services, volunteers, family, and paid caregivers, whoever it takes to patch a plan together. That is because we are "client-centered". We will build a plan based on the now, the near future and the far future.

It's time for you to take control before a need or a major decision becomes an urgent situation. You wouldn't climb Mt. Everest without a map, so why navigate the aging life journey without assistance? We recommend starting with a plan.

At Eldercare Services, we offer 3 distinct Care Plans that provide you and your support system with resources and vital information needed to make the best decisions for your unique situation.

Why waste your time and money trying to figure out care options, entitlements, and find local resources all on your own, when you can spend less money on an objective expert to do that work for you now?

### We have three plans to get you started:

**Plan 1:** "Road Map" is 3.5 hours with a professional who will do a home assessment, safety evaluation and write a plan of care for immediate concerns, discuss entitlements, give alternatives for care as well as local, vetted resources and a plan for the primary caregiver's support.

**Plan 2:** "30 Day Comprehensive" is 6 hours of professional time that starts with an office consultation, home visit and safety evaluation with cognitive screening. Plus all of what is included in Plan 1 with an additional 30 days of support to arrange for services and monitor services set up.

**Plan 3:** "Whole Life Navigator" is 12 hours of professional time that includes all of Plan 2, but 60 additional days of monitoring, arranging and researching options to increase the quality of life.

Those of you experiencing some life changes with either a new diagnosis or a chronic illness might want to have a Navigator to give you peace of mind that you are prepared for the entire journey of aging. You will feel secure knowing you have an expert who understands you and is always ready to filter ideas or give direction.

Others might want a snapshot for planning now – that is why we designed these plans at the request of individuals and families like yours that often don't know the questions to ask to have the best life possible.

Worry is reduced as well as stress knowing you have the guide you need who will always have your best interest in mind.



Give us a call and start the process – so you don't have a crisis without a life raft!

Our Care Managers have a wealth of experience with and knowledge on the aging life journey, so you can rest assured knowing that you and your loved one will receive not only the highest quality of care, but also be encouraged to live an enriched and fulfilling life.

To find out more about our Care Plans, call us at 925.937.2018 or read more at <https://eldercareanswers.com/aging-life-care-plans/>.

## Upcoming Events

### Dementia: The Roadmap From Diagnosis to Family Care

 Nov 14<sup>th</sup>  5:30pm – 7:00pm



Join the discussion about 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.

- ▶ 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

Advanced registration required. No fee.

Class intended for family caregivers or those dealing with the challenges of aging. <https://eldercareanswers.com/registration-1/>

### Writing Your Last Chapter: Do You Have the Tools, Players, and Details Communicated?

 Nov 16<sup>th</sup>  2:00pm – 3:30pm



**Presented by:** Linda Fodrini-Johnson, MA, MFT, CMC and Joan Grimes, Attorney at Law

- ▶ So you thought you had all the documents you needed. But what about post-death plans?
- ▶ Your options and desires might not be followed if not articulated well.
- ▶ Get tips for the conversations and the legal tools from professionals working with families for over 30 years!
- ▶ How granular do you need to get with your planning?

Advanced registration required. No fee.

<https://eldercareanswers.com/registration-2/>

### Dementia: Understanding Behaviors and Finding Solutions

 Nov 28<sup>th</sup>  5:30pm – 7:00pm

- ▶ 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
- ▶ Understanding why the right diagnosis is important

Advanced registration required. No fee.

<https://eldercareanswers.com/registration-3/>

## Location of Events:

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

### 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.

