



A Home Care Assistance Company



Newsletter

October

THIS MONTH

Caring for a Spouse

Not now but when.

When we married our partner, whether it was 50 or 20 years ago, we had no idea that there might be a time where either of us could be the caregiver for the other. Maybe as you read this, neither of you are giving the other any care, but what would you do if that happened suddenly? Do you know what your partner wants, or desires, if care is needed?

To care for one another in sickness or health is a line from many a wedding vow. We envisioned that as bringing our spouse some chicken soup when he or she had the flu or assisting after a minor surgery. Our vision was short-term care, not the long-term care that can come with a progressive diagnosis or a sudden serious illness or accident.

Our partners are often in the same age cohort as us, so we could both have some physical challenges to contend with, making our role as caregiver even more challenging. Then there is the emotional impact of your dreams and plans for the future coming to a standstill because other priorities have arisen and those health needs must be addressed first.

In some relationships, especially those without children or close family and friends to get support from, the burden can become heavy. Not to mention the physical exhaustion that oftentimes comes with this role.

Those caring for someone with just physical challenges still have a partner to be in relationship with. However, there are those of you who are caring for a partner that has a serious cognitive issue like Alzheimer's or another form of dementia. That means the relationship you and your partner share must change because of his or her challenged judgment, memory and other difficulties.

You should begin planning for the two of you way before one of you needs care. However, that almost never happens. It is usually someone in the circle of care that says to you, "You need help." Of course, they don't know where you should go or who you should seek to be your "navigator." The answer is a Professional Aging Life Care Expert, formally called a Geriatric Care Manager.

There might be some of you who have parents that are providing care to the point of "over-caring." You worry about your well

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 since 1984. Linda founded Eldercare Services,

a fullservice care management and home care company in 1989. Eldercare Services has been providing Bay Area families with care management, home care services (caregiving), advocacy, counseling, support groups and education for 30 years. Linda is excited to be part of the Home Care Assistance family in order to expand the reach of Professional Geriatric Care Management with excellence in home care delivery.

MONTHLY AFFIRMATION

"Loving others is without limits; providing direct care has limits of time and energy."

CONTINUED ➔

parent, as you should. It can sometimes be challenging trying to bring in paid care or other services when the spouse providing care feels he or she “should” be caring for the other. However, as an adult child, you need to try your best to support them. If you do need to approach this issue with the parent use “I” statements. For example, “I am worried about your health, mom. Since dad got ill, you don’t go to the club or even medical appointments for yourself.” Never use “you should” – this just puts the other person on the defensive.

Aging Life Care Experts are usually Master’s level prepared professionals, credentialed and certified with backgrounds in social work, counseling, psychology, gerontology, nursing or related fields. They will assess the current situation, project what you might need in the future and connect you to vetted professionals in the fields of law, medicine, socialization, spirituality, stress reduction and financial planning. Often, we do something called a “Road Map” which is the result of being proactive in designing what will happen when one or both of the individuals need help.

That is just their first step – getting you the documents, services and advice that will put you on solid ground. When it comes to dilemmas with medical issues, the ALC Expert will become your advocate, partnering with you to ask the right questions and get the specialist you and your spouse need now. This person will be your guide to obtain benefits from insurances, entitlements or government/community services.

The ALC Experts are always available to you to answer questions and provide guidance. They will be your compass, leading the way so you can stay healthy and avoid burnout.

Here at Eldercare Services, a division of Home Care Assistance, we do consultations with a couple, or with an entire family. Addressing all concerns and putting together a plan of support, advocacy and even in-home care, usually reduces the stress and anxiety. You can never love too much, but one can easily “over-care” and at a high price.

Give us a call 925-937-2018 and schedule an appointment with a Care Manager, also called an “Aging Life Care Expert,” so that we can help you create the plan you need.

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.



1 Upcoming Events

Dementia: The Road Map from Diagnosis to Care

📅 October 16th ⌚ 5:30-7:00pm

Join us as one of our professional Geriatric Care Managers discusses what you need to know, what you need to plan for, and what you and your family can do when faced with the challenges of dementia.

This class will help you to understand what dementia is, who to go to for a proper diagnosis, how it progresses, and what you can do to prepare for the journey. The goal is to protect the dignity of and reduce stress for all family members.

No fee. Advanced registration required.

<https://eldercareanswers.com/dementia-series/>

**This class is intended for family caregivers or those dealing with the challenges of aging.*

The Great Debate: Stay at Home or Move to a Retirement Community

📅 October 18th ⌚ 2:00-3:30pm

Are you or a loved one struggling with the decision to stay at home, or move to a retirement community? Come and learn about your options with Sylvia Gandolfo, MSW, Professional Care Manager with Home Care Assistance.

No fee. Advanced registration required.

<http://eldercareanswers.com/event/the-great-debate-stay-at-home-or-move-to-a-retirement-community/>

**This class is intended for family caregivers or those dealing with the challenges of aging.*

Our Aging Nation 2019

📅 October 24th ⌚ 8:00am-7:00pm

Our Aging Nation is presented by Hospice East Bay and Home Care Assistance as part of our vision for supporting and educating human services workers as they face an aging population in ever increasing numbers.

We will have six hours of continuing education topics, approved by the California Association of Marriage and Family Therapists, Residential Care Facilities for the Elderly, and the Board of Nursing. Please join us for a day of education and community on a wide variety of topics intended to assist you in your practice. Breakfast and a light lunch included.

No fee. Advanced registration required.

<http://eldercareanswers.com/event/ouragingnation2019/>

**This class is intended for professionals looking to receive CE Credits*

Call us at **925-937-2018** to learn more.

Eldercare Services is now a division of Home Care Assistance, giving you the combination of great expansive caregiving and professional guidance.

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