

AGING PARENTS

FINDING THE RIGHT CARE



‘THE CONVERSATION’

- It may be difficult but don't avoid the conversation
- Communicate openly and honestly
- Know your parent's plans, wishes, needs, medical history etc.



HOW TO APPROACH

Make sure you express your desires to contribute to your parent's long-term well being. Understand their priorities and concerns and give them a measure of control over their future circumstances.



INFORMATION SHEET

- Emergency Contacts
(family, friends, neighbors,
etc.)
- Doctor name & phone
number
- Allergies
- Medical Diagnoses
- Current Medications
- Insurance information
- Location of Will, Advance
Directives, other legal
documents
- Info on funeral
arrangements
- Social Security # and
Driver's License #
- Any other important info

EVALUATE FUNCTIONING LEVEL

Activities of Daily Living (ADL's)

- Bathing
- Dressing
- Grooming
- Eating
- Walking
- Toileting



EVALUATE FUNCTIONING LEVEL

Instrumental Activities of Daily Living (IADL's)

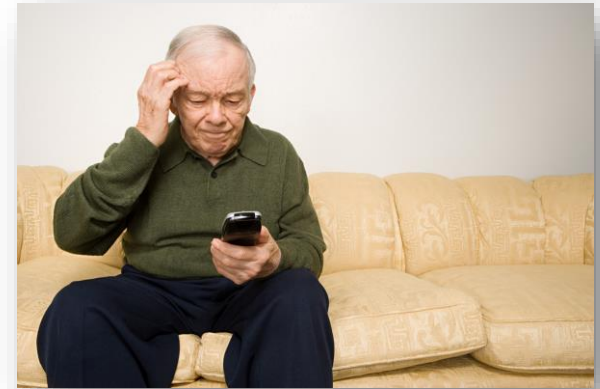
- Paying Bills
- Grocery Shopping
- Meal Preparation
- Laundry
- Managing Medications
- Light Housekeeping
- Driving



CHANGES IN FUNCTIONING LEVEL

Watch for...

- Difficulty moving around home safely
- Weight loss
- Increased confusion / disorientation
- Bruises or evidence of falling
- Lack of interest in usual activities
- Forgetting medication or missing meals
- Poor hygiene



BASIC NEEDS OF AGING PERSONS

- Safety
- Medical Care & Monitoring
- Meaningful Interactions with Others
- Meaningful Activities
- Life Review
- Sense of Independence



PLANNING AHEAD

Legal Documents

Other Considerations

Eldercare Attorneys



ADVANCE DIRECTIVES

An Advance Directive is a document with which you can give instructions about your healthcare, what you want done or not done, if you cannot speak for yourself



PLANNING AHEAD

Final Arrangements & Wishes

- Religious & Cultural Preferences
- Burial vs Cremation
- Funeral Arrangements
- Hospice Services



HOSPICE CARE

Hospice Care is a type of care and philosophy that focuses on the palliation of a chronically ill, terminally ill or seriously ill patient's pain and symptoms while attending to their emotional and spiritual needs as well.



HOUSING OPTIONS

Independent
Residential
Setting

Senior
Apartments

Shared Living

Adult Foster
Care

Assisted
Living Home

Retirement
Community

BEING A CAREGIVER

- Educate yourself about your parent's medical condition and available community resources.
- Take time for yourself for regular breaks, self care, and relaxation
- Trust your Instincts
- Join a support group
- Take care of your own health
- Watch for signs of burnout



CARING FROM A DISTANCE

Get
Organized

Set up a system of support

Regularly ask for support

Identify & contact local resources

Hire Help

Plan ahead for time off work

Introduce yourself to your parent's doctor

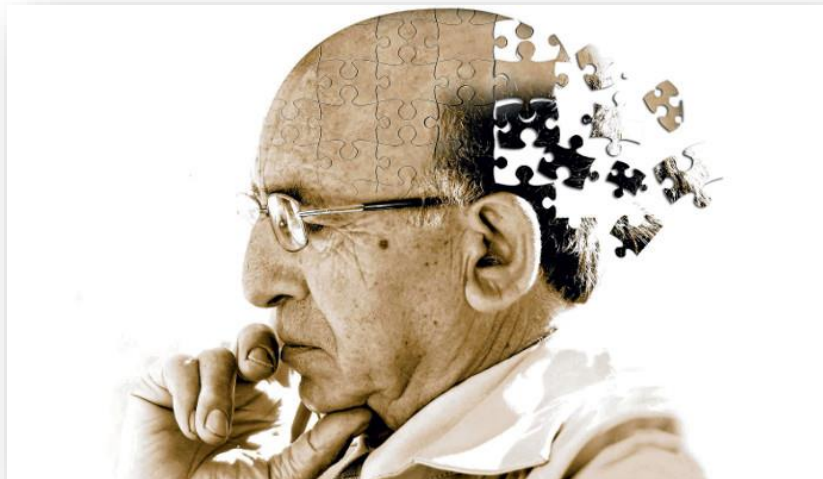
'NORMAL' MEMORY LOSS

- Slower Thinking
- Difficulty Paying Attention
- Need More Cues to Recall Information
- Forgetting Part of an Experience
- Difficulty Remembering Names
- Occasionally Misplacing Things



DEMENTIA

- Dementia is a loss of mental abilities that causes problems with daily living
- There are over 90 types of Dementia
- Alzheimer's is the most common type of dementia and it not a normal part of aging



SIGNS OF DEMENTIA

Short-term
Memory Loss

Forgetting An
Entire
Experience

Confusion As
To Time And
Location

Repeating Same
Questions &
Statements

Difficulty
Concentrating

Misplacing
Things



QUESTIONS?

