



# Caring Times

Personal and Dementia Care with Dignity

April 2010

Come BLOG with us!

Volume 2, Issue 4



Mary Peters, Founder & President, with the late Jack Segars.

The following is Part I in our series on what five things cause older adults to fail at home. When families know the **signs of decline** in their loved one, they can take steps to solve problems well before they become a crisis of care. *Mary Peters & Staff*

Mom is 85 years old. She likes living in her own home, the same home she has lived in for 50 years. You live miles away or work full time and can't visit as often as you would like. And, when you do visit, you wonder how she is really doing on her own. She loves living at home, and you want her to be able to stay there. She has told you of her wish to live there as long as possible, but you have doubts because you see signs of decline. What should you do when you notice changes related to nutrition?

There are five things that can cause elderly people to fail. These are nutrition, medicine, hygiene, unaddressed medical problems, and safety issues. Our caregivers help the elderly remain at home by offering solutions to these 5 problems. This month we will talk about the need for proper **Nutrition**.

- Nearly half of older Americans do not get enough sound nutrition or enough fluids in their daily diet.
- Reasons may include physical disabilities, isolation, poverty, mental impairment or not having good nutritional habits.
- Meal Preparation and grocery shopping might now be impossible or they have no interest in doing either activity.
- Health problems caused by poor nutrition are anemia, constipation or other intestinal issues, dehydration, weakness, lethargy or loss of mental sharpness.
- Many who live alone miss the socialization of dining with others and would just rather not eat at all.

What should you do when you notice changes related to nutrition? Care For Life caregivers will help with grocery shopping, meal planning, cooking & socialization. **If you are concerned about your loved one, please call us at 843-852-9090.**



**TIRED OF JUGGLING YOUR RESPONSIBILITIES? LET US HELP YOU!**

**When you are working, rearing children and caring for an aging parent, your life can become overwhelming. A phone call to Care For Life might change your life!**

**Our caring staff will listen and offer suggestions to meet your needs. We offer expertise and community resources. An assessment by our nurse will help you decide your next steps. **Call today!****

Ask your questions or request a Caregiver's Guide at our homepage:

**[www.careforlifearleston.com](http://www.careforlifearleston.com)**

Care For Life, Inc.

~ Personal & Dementia Care with Dignity~

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*Experts in Eldercare ~ Since 1995*

## In the News...

### What Exactly is a Professional Geriatric Care Manager?



From [www.caremanager.org](http://www.caremanager.org), is the official website of the National Association of Professional Geriatric Care Managers of which Mary Peters, CCM, is a long time member.

*A Geriatric Care Manager (GCM) is a health and human services specialist who helps families who are caring for older relatives.*

- *The GCM is trained and experienced in any of several fields related to care management, including nursing, gerontology, social work, or psychology, with a specialized focus on issues related to aging and eldercare.*
- *The GCM assists older adults and persons with disabilities or chronic illnesses in attaining and maintaining their maximum functional potential.*
- *In addition, a GCM is an experienced guide and resource for families including helping those suffering from Alzheimer's Disease or Parkinsons or exhibiting symptoms of dementia.*

*Mary Peters and her professional staff can help you plan for long term care of your loved ones or yourself. Start by calling today! 852-9090*

## What's On Your Mind ?



Are you worried about your parents needing more than you can give them? Do you wish they could get out of the home more to socialize?

Do you need help taking them to the doctor when you have to work? Be sure to talk to our nurse about your concerns. Our caregivers are trained to meet the needs of your parents while you are working or away for respite.

We encourage you to share what is on your mind. We will do all we can to help you have [peace of mind](#). Call us today. [852-9090](tel:852-9090)

## Nurse Manager's Corner

Kristin Akins, LPN



### Exceptional Caregiver Training by Experts

Thanks to Mary Peters' vision for Care For Life to provide the highest quality homecare possible, we place great emphasis on the initial and ongoing training of our caregivers.

- In 2009, we implemented four new sessions on dementia care. Our series on dementia care included the following professionals who were eager to teach our caregivers in the best practices of care for our elderly clients:
- a Geriatric Psychiatrist from the MUSC;
- a Licensed Social Worker to train in skills of communication;
- a Medical Social Worker of the Trident Area Agency on Aging, and
- an educator from the Alzheimer's Association.

Our caregivers received training from Shirley Anderson, Occupational Therapist of MUSC Hospital in helping the visually impaired person. This month's guest instructor will be a Licensed Physical Therapist with Roper Home Health. We are keen on the best in-service training we can provide. We do this extra training for our families who entrust the care of loved ones to Care For Life. Kristin Akins, LPN

### Dear Clients:

*We are so grateful that you and your family members refer others to Care For Life.*

*It is our privilege to serve families in need of elder-care. **We are so honored you chose Care For Life.***

*We just want to say **THANKS!** for telling others about Care For Life. Mary Peters & Staff*