



# Caring Times

Personal and Dementia Care with Dignity

August 2010

Read our QUESTION of the week on our website!

Volume 2, # 8



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

We are experiencing one of the hottest summers on record as you know. Take care to engage in activities and exercise in air-conditioned spaces like our local Senior Centers. When you are outside, even for short periods, wear a hat, drink fluids & use sunscreen!



Shopping is great for socializing especially when it includes lunch and a brisk walk between stores!

## Activities & Exercise Vital to Well-Being

We've all heard the adage that *prevention is better than a cure*. Taking care of ourselves is never more important than as we *baby boomers* age.

Engaging in activities that involve socializing and simply walking at least 30 minutes, three times a week are proven ways to improve your well-being.

People who regularly interact socially tend to be healthier, physically and mentally, than those who become socially isolated. Artistic activities such as arts and crafts help people relax, keep an alert mind, improve fine motor skills, and improve memory.

Activities prevent loneliness, and promote choice and independence. They improve motor skills, social skills, thinking ability, behavior, and communication ability. And,

**Care For Life, Inc.**  
**EXPERTS IN ELDERCARE**  
Mary Peters, Founder & President  
[www.careforlifecharleston.com](http://www.careforlifecharleston.com)

## Physical activities have many life-saving & restorative benefits, they

- Reduce the risk of heart disease
- Help with weight control
- Help with blood glucose regulation
- Improve blood circulation
- Help blood flow to your brain
- Help with anxiety and depression
- Help lower cholesterol
- Strengthen the heart and lungs
- Increase flexibility and
- Improve balance to prevent falls

## Clinical Corner

Kristin Akins, LPN, Director of Homecare Services

### Care Management is a Team Approach at Care For Life

I am often asked to explain Care Management (CM) and its importance in caring for individuals in their homes so they can remain at home comfortably and with their favorite things for as long as possible. In support of our nearly 100 skilled caregivers, our management team is comprised of ten seasoned professionals who direct & monitor the complex aspects of what we do for families.

CM begins in your first phone call to Care For Life. Our Eldercare Advisor listens intently to your concerns, frustrations and immediately offers possible solutions that Care For Life can help facilitate. She will inform the caller of community based resources also. When the caller wants a comprehensive assessment in the home, I personally call and make an appointment convenient for the family members.

During the assessment I observe not only the potential care receiver, but the home environment including how well the family communicates with one another. I work with them to develop a detailed care plan built around their unique situation. I match one of our caregivers whom I believe will be compatible with the care receiver and care begins. I communicate with family members, physicians, pharmacists and other professionals to assure that we are maximizing resources to help our clients remain at home as independently and safely as possible.

Another key team member is our professional Home Care Coordinator who makes unannounced visits to every care receiver's home to assure that our high standards of care are met continuously. We welcome your questions about our **Care Management**. Call us today at **852-9090**.

### Ask the Expert

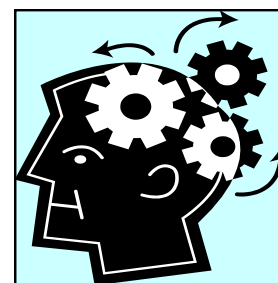
Q. My mom has Alzheimer's and does not have Long Term Care Insurance. Does Medicare pay for care at home?

A. Currently, Medicare does not pay for personal non-medical care at home. Alzheimer's is a very debilitating and frightening disease.

Family members suffer with its frustrating effects while trying to give compassionate care. Our caregivers receive additional training in caring for our clients with dementia such as Alzheimer's Disease.

We will take time to listen to your frustrations and needs of your family member. We will provide sound information and refer you to the best resources available in our area. This is Care For Life Care Management! Call Sheryl our Eldercare Advisor today.

**843-852-9090**



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