



Caring Times

Personal and Dementia Care with Dignity

July 2010

[Check out our Website for Question of the Week](#)

Volume 2, Issue 7



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

The following is Part V in our series on the five things that cause older adults to fail at home. Families need to know the **signs of decline**, so they can take steps to solve problems before they become a crisis of care.

Mary Peters & Staff

Unaddressed Medical Problems

In the course of her comprehensive assessment, our nurse care manager sometimes detects unaddressed medical problems in an aged person such as cognitive impairment, symptoms of a UTI, a failure to thrive emotionally, poor nutrition, or diminished sight or hearing.

Some seniors might get irregular medical care because of a physical or mental impairment that has reduced his or her ability to recognize problems and to seek treatment. Sometimes family members find it difficult to get them to even go to a doctor. Our nurse can encourage him or her that it is necessary to see a physician right away.

When they do get to the doctor, they may give incorrect information. It is not unusual for the elderly to fear seeking help because they do not want to be a burden to others, or they do not want to risk losing their privacy or independence to live at home.

Before the scheduled appointment, our nurse can make a priority list of questions to ask the doctor. A Care For Life caregiver can provide transportation and with permission accompany the aged person during the doctor visit to keep his/her reporting to the doctor on track. Information about treatment and instruction can be written down to follow at home. Please call us if we can be of any further help. 843-852-9090

5 Reasons Families Prefer Homecare

1. Independence

In-home care enables seniors to be as independent as possible and be cared for in the comfort of their own home.

2. Family Time

There are no visiting hours with in-home care, so family members can visit any time, without concerns about intruding on others.

3. Continuity of Care

Home care is often provided by the same nurse or team or nurses, so they always know what kind of care has been given or is needed.

4. Less Risk

One-on-one care reduces your loved one's exposure to infection or illness, and ensures that their needs are met quickly.

5. Lower Costs

In-home care gives you the flexibility of hiring someone for only the hours when your loved one needs help the most.

Keep up your friendships as you age. Women and men need good company, and laughter is good medicine!

Care For Life, Inc.

~ Personal & Dementia Care with Dignity~

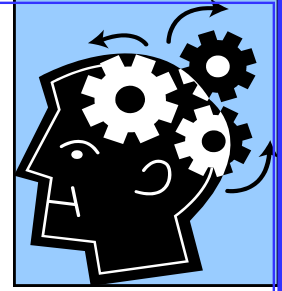
(843) 852-9090

www.careforlifecharleston.com

Mary Peters, Founder & President

Tips to Begin Long Term Planning

Mary Peters, Founder & President of Care For Life



Care For Life is offering a new FREE booklet and CD from the federal government that helps you plan for your future. Just call Care For Life and ask to have one mailed to you, or stop by our office at 1033-C Wappoo Road, West Ashley, Charleston, 29407 to pick one up. Here are topics covered in the booklet:

1. **Focus on your finances.** Like it or not, costs of housing, food and medical needs are only going up. Unless we know how much money we are going to need, we cannot plan effectively.
2. **Understand long term care insurance.** A policy might save your family agonizing over your care as you age and need some assistance with daily living activities to remain at home safely and independently.
3. **Establish clear legal directions.** Seek legal advice and execute your will and two powers of attorney: HealthCare and a Durable Power of Attorney which is a recorded document naming your agent to look after your financial affairs if you are incapacitated.
4. **Decide who you can count on for help.** Will your spouse, an adult child or a close friend help you make decisions or provide for you? Will you need to pre-plan for moving to an assisted living residence?
5. **Learn what resources are available in your community.** Learn about grants, adult day care and community senior centers, Veterans Benefits for aide and assistance and establish a relationship with a geriatric care manager and homecare provider so that when you need assistance, help is readily available.
6. **Make sure your home remains a good fit for you to age in place.** Is it wheelchair accessible? Is the bathroom and kitchen safe for you? Does your home need maintenance to protect its value as you age?

Mary Peters & her staff at Care For Life are a great starting point when you have questions about resources or would like a comprehensive assessment by our nursing professional who is familiar with the needs of seniors. Our experienced, trained caregivers are available 24/7 and monitored by our nurse and quality assurance manager. Call them at 843-852-9090 or visit www.careforlifecharleston.com .