

Navigating Eldercare

NAVIGATING THROUGH THE MAZE OF OBSTACLES AND OPTIONS IN ELDERCARE

Cindy Hartman, BSN, RN
 President
 C&S Care Management, Inc.

Cscaremanagement.com
 chartman@cs-care.com Office: 281-550-8444

OBSTACLES OF AGING

<u>PHYSICAL HEALTH</u>	<u>MENTAL HEALTH</u>
▶ CHRONIC DISEASE	▶ SUBSTANCE ABUSE
▶ INCONTINENCE	▶ COGNITIVE IMPAIRMENT
▶ INJURY	▶ DEPRESSION
▶ MALNUTRITION	▶ ANXIETY
▶ SENSORY IMPAIRMENT	▶ SOCIAL ISOLATION

OBSTACLES CREATE ISSUES

- ▶ FUNCTION
 - ▶ SAFETY
 - ▶ LOSS OF INDEPENDENCE
 - ▶ FINANCIAL
 - ▶ ABUSE
- ▶ UNABLE TO PERFORM ADLS
 - ▶ FALLS TBI MEDICATION MGMT.
 - ▶ AGING IN PLACE HOME MAINTINANCE
 - ▶ LIMITED INCOME CREDIT CARD ABUSE
 - ▶ ABUSE, NEGLECT AND EXPLOITATION

OPTIONS IN ELDERCARE

- ▶ PROACTIVE INTERVENTION
- ▶ ASSESSMENT – EVALUATION
- ▶ MODIFICATIONS
- ▶ ADVANCE CARE PLANNING
- ▶ PREVENTION
- ▶ ENGAGEMENT AND PURPOSE

OPTIONS IN ELDERCARE

- ▶ MEDICAL - MENTAL HEALTH
- ▶ PHYSICAL, OCCUPATIONAL, SPEECH THERAPY
- ▶ MEDICATION RECONCILIATION
- ▶ IN HOME CAREGIVING - ASSISTANCE
- ▶ EXERCISE PLAN, LIFESTYLE UPGRADES
- ▶ HOME MODIFICATIONS
- ▶ SOCIAL INTERACTION, FAMILY ENGAGEMENT
- ▶ CALLER ID, BANKING, CREDIT CARD LIMITS
- ▶ FINANCIAL ADVISORS – ELDER LAW ATTORNEYS

PRACTICAL INTERVENTIONS

- ▶ BASIC MEDICAL-MENTAL HEALTH HISTORY
- ▶ LIST OF ALL MEDICATIONS
- ▶ LIST OF DIFFICULT TASKS
- ▶ TECHNOLOGY ASSISTANCE
- ▶ AGING IN PLACE HOME ASSESSMENT
- ▶ TRANSPORTATION ARRANGEMENTS
- ▶ FRIEND-FAMILY CONTACT LIST

Personal Health Records



Personal Health & Medical Record Organizer

- Personal Information
- Contact Information
- Insurance Information
- Family Medical History
- Current Doctors
- Prescriptions/Medications
- Vaccination Records
- Allergies
- Medical History
- Illness/Sickness
- Physical Therapy Tracker
- Health Notes

Medical Record Organizer



Social Connection – Video Chat and Social Media Keep Seniors in Touch with Long-distance Loved Ones, Community

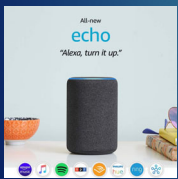
Safety – Seniors Living Alone Can Get Help with the Push of a Button - Personal Emergency Response System, Safety Awareness

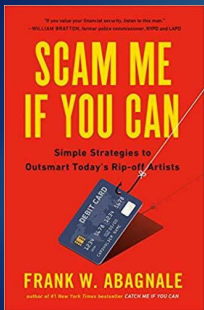
Exercise – Video Games Get Seniors' Bodies and Minds Moving - Wii Sports Challenge Family Members, Walking, Stretching



“Alexa, tell me a joke,” says Elva Holcombe, 71, to the Amazon Echo in her studio apartment on a recent Sunday morning.

“Did you hear about the pig that joined the Royal Shakespeare Company?” Alexa replies. “He was a natural *Hamlet*.”





Maybe you're wondering how to make the scam phone calls stop. You've been a victim of identity theft. • Find the best way to protect your phone from being hacked.

THE FINANCIAL OBSTACLE

- ▶ MEDICARE HOME CARE – COVERS ONLY PHYSICIAN ORDERED SERVICES FOR SHORT PERIODS OF TIME
- ▶ MEDICAID – LOW INCOME QUALIFIED & MEETS MEDICAL NECESSITY
- ▶ LONG TERM CARE INSURANCE
- ▶ FINANCIAL ADVISORS – UNDERSTANDS SOCIAL SECURITY AND RETIREMENT BENEFITS
- ▶ ELDER LAW ATTORNEYS – TRUSTS, SOCIAL SECURITY, AND ADVANCE CARE PLANNING DOCUMENTS

RESOURCES

- ▶ <https://medbridgetransport.com/>
- ▶ **LIVEWELL** MOBILITY AND MODIFICATIONS
▶ 346-297-0425 NATE DAVIS – OWNER
- ▶ <https://www.aqing.com/elderly-nutrition-101-10-foods-to-keep-you-healthy/>

Cindy Hartman, BSN, RN
 President
 C&S Care Management, Inc.

Cscaremanagement.com
 chartman@cs-care.com Office: 281-550-8444
