

Eldercare:

What Everyone Needs to Know



Objectives

- ☞ Review housing options and other services available for elders
- ☞ Basic overview of Medicare and Medicaid
- ☞ Suggestions and tips for caregivers



Eldercare

Definition: *programs and places for senior citizens: institutions and programs, both social and medical, focusing on the needs and care of seniors citizens.*



How can I help my aging loved one?

- ☞ Be prepared!
 - Open a dialog
 - Make a binder, file or electronic copies of critical information
 - Review medical health insurance coverage
 - Identify an emergency support network
 - Look at the elder's living situation
 - Learn about supportive services

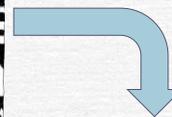


Medicare



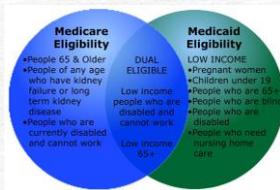
- ☞ A federal health insurance program primarily for older adults.
- ☞ Does not cover most long term care expenses, vision, dental hearing or routine checkups
- ☞ Typically covers 80 percent of approved expenses provided by participating providers

Medicare



Medicare.gov
The Official U.S. Government Site for Medicare

Medicaid



- ☞ A joint federal-state program
- ☞ Must meet strict limits on income and asset
- ☞ Apply at your local Department of Social Services

Services Covered by Medicaid

- ☞ Inpatient and outpatient hospital services
- ☞ Physician services
- ☞ Nursing home care in approved facilities
- ☞ Home care services
- ☞ Lab Services
- ☞ Rural health clinic services
- ☞ Transportation to and from treatment



Housing Options

- ☞ Assisted Living Communities
- ☞ Nursing Homes



Housing Options Cont'd

- ☞ Independent Retirement Communities
- ☞ Subsidized Senior Housing
- ☞ Continuing Care Retirement Communities.



Assessing Your Loved One's Housing Needs

- ✓ Cost
- ✓ Location
- ✓ Care Services
- ✓ Room Type



Assessing Your Loved One's Housing Needs Cont'd

- ✓ Meals
- ✓ Activities
- ✓ Amenities
- ✓ Transportation



Aging in Place

- ☞ Home Care Agencies
- ☞ Senior Centers



Aging in Place Cont'd

- ☞ Adult Day Care
- ☞ Respite Care
- ☞ Hospice Care



Family Caregiving

- ☞ What is a caregiver?
 - unpaid assistance provided by relatives and friends to an older person who is unable to perform routine tasks of daily life, such as personal care needs and household chores



Caregiving Facts

- ☞ An average of 12-40 hours a week or more the meet the basic needs of their loved ones. (In addition to job and other duties)
- ☞ 80% of caregiving is by friends or family.
- ☞ Most often the caregiver is a woman.
- ☞ Almost 1/2 of the time the caregiver is over age 50!



Caregiver Stress

- ☐ Anger
- ☐ Guilt
- ☐ Anxiety/Irritability
- ☐ Exhaustion
- ☐ Social Withdrawal
- ☐ Inability to concentrate
- ☐ Depression
- ☐ Sleeplessness
- ☐ Health problems



Tips for Caregivers

- ✓ Take Charge
- ✓ Be good to yourself
- ✓ Watch out for warning signs
- ✓ Accept Help
- ✓ Educate yourself
- ✓ Be open to technology and ideas
- ✓ Trust your instincts
- ✓ Grieve your losses
- ✓ Stand up for your rights
- ✓ Seek support and make use of respite services



Advance Directives

- ☞ Living Wills
- ☞ Power of Attorney
- ☞ Durable Power of Attorney for Healthcare
- ☞ Wills

Communicating with Your Loved One

1. Make sure you have their attention
2. Speak at eye level
3. Use simple, direct statements
4. Ask, don't tell
5. Move Closer



Communication, Cont'd

6. Talk around difficulties and use gestures
7. Talk with, not about
8. Listen
9. Give yourself plenty of time
10. Try, Try again



EAP Eldercare Services

- ☞ Telephonic consultation with a geriatric care manager
- ☞ Education about eldercare options
- ☞ Referrals to agency and facilities
- ☞ Online assistance through Helpnet



To access Helpnet, go to www.eapconsultants.com, click on *Member Access*, and select HELPNET. Your password is **interioreap**.

Summary

- ☞ Be prepared. Talk with your elder family members about their wishes and know where they keep important information
- ☞ Know your options. There many housing options other services available for seniors and their caregivers. Check with your local Agency on Aging for support and guidance
- ☞ Take care of yourself. You can't take care of your loved one if you are not well.
- ☞ Keep the lines of communication between your self and loved one open
- ☞ Help is out there. Seek support from your EAP and other resources

Contacting the EAP

- Call EAP Consultants, Inc. at:

800-869-0276

or

- Request services securely at our web site:

www.eapconsultants.com

(Click on Member Access and select Request EAP Services.)