

A decorative illustration of a sage plant with its characteristic leaves and stems, rendered in a light green color, is positioned in the top-left corner of the slide. It is partially obscured by a dark green horizontal banner that spans the width of the slide.

# Sage Eldercare Solutions

Palo Alto

Parkinson's Support Group

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Jill Melvin, LCSW, CMC



# Addressing Clients' Quality of Life

“Even if you are 85 years old, you can still have a life that is constantly expanding in excitement, in adventure, in joy, in pleasure, and in gratification.”

Former President  
Jimmy Carter





**AGING (i)fe CARE<sup>®</sup>**  
A S S O C I A T I O N

*The experts in aging well.*

**Vision**

A world where adults and their families live well as they face the challenges of aging.

**Mission**

Leading the community of Aging Life Care Professionals<sup>®</sup> through education, professional development, and the highest ethical standards.

**Role**

We develop expertise; enhance the success of members; share a unique knowledge base; and promote the interests of the Aging Life Care<sup>™</sup> profession.




# Objectives

- Understand current situation
- Learn about available resources and options
- Provide support and discussion
- Your objectives?

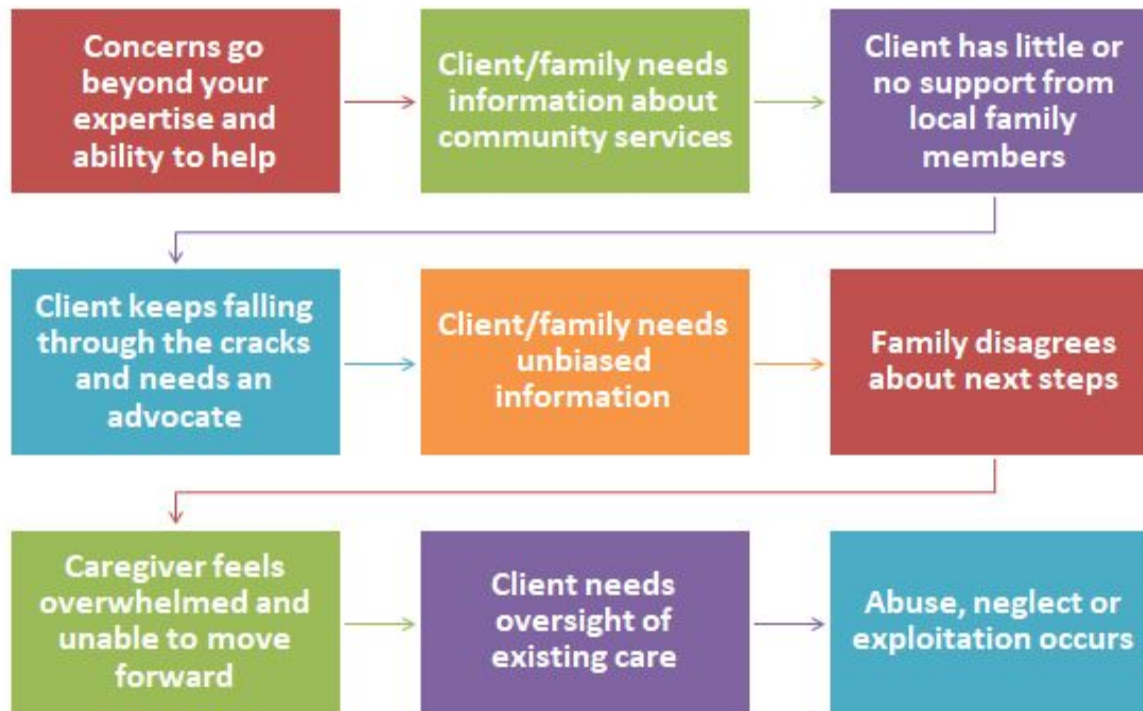


# What is a Geriatric Care Manager?

- Professionally trained (social work, gerontology, nursing)
  - Expertise in working with complex eldercare issues
  - Solve eldercare problems
  - Manage care to help prevent crises
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# When to Consider a CM

## When to refer to an Aging Life Care Professional



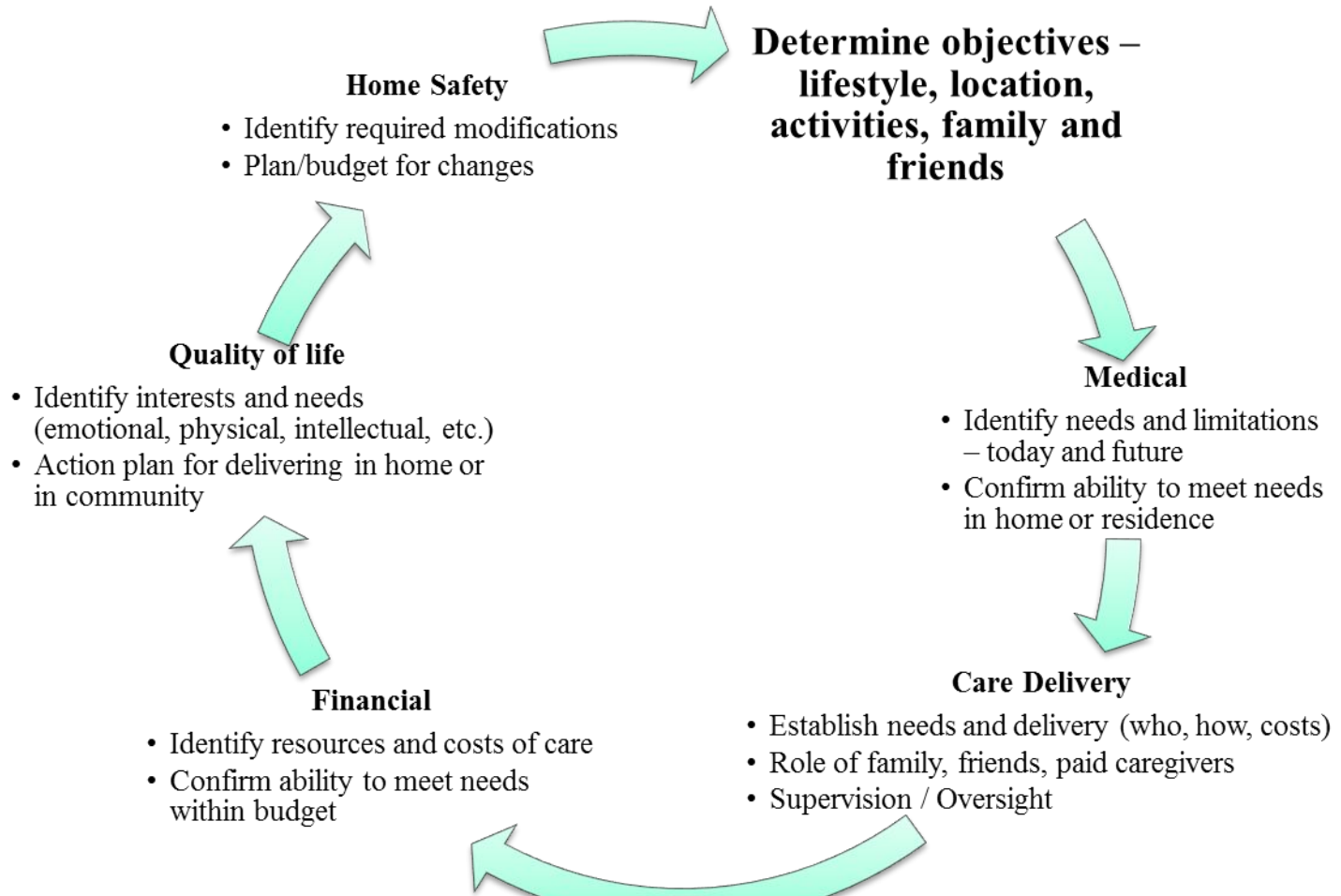


## Professional Geriatric Care Managers can provide...

- Objective evaluations and plans
  - Coordination and supervision of in-home care and companion services
  - On-going management and oversight of care
  - Assistance at times of crisis
  - Liaison for families at a distance
  - Education, advocacy and promotion of independence
  - Time and money saving expertise
  - Counseling and support
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# Eldercare Planning








# How We Can Work together

- Help triage in crisis
  - Provide an objective report and recommendations to responsible party
  - Help conservators and fiduciaries and family members be successful in strategic thinking, accessing resources and ongoing support of client/family member
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# Trigger Points

- Client has a new diagnosis (stroke, cancer, dementia, Parkinson's) and needs help accessing resources and assembling a care team.
  - Client has complex medical needs that need to be coordinated.
  - Client has been financially abused and/or care providers have taken liberties.
  - Client has existing caregivers that may require supervision and ongoing training as the patient's needs change.
  - Client's family lives at a distance.
  - Client's family members disagree about next step.
  - Client has no family available to help.
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# Eldercare Challenges

## Older adults – 85% Want to Stay Home

- System difficult to navigate
- Difficult to make decisions without input or advice

## Caregivers – Overwhelmed

- In 1900, only 7% of 60 years olds had a surviving parent, in the year 2000 this leapt to 44%.
  - Average of 500 miles away, uninformed about options
  - Difficult to research, deliver, and oversee services
  - Decisions are often made during a crisis
  - Responsibility can strain personal and family lives, financial resources, and the relationship with the elder
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# The Sage Solution




## *Wise Decisions, Extraordinary Care*

- Bridge the knowledge gap for decision-makers
- Offer a single point of access to the range of eldercare options
- Present options and carry out the plan
- Focus on quality of care *and* quality of life
- Adapt plan to changing needs
- Save family members' time and energy
- Alleviate stress of decision making




# Our Services

- Consult about care options
  - Assess needs, make recommendations
  - Healthcare advocacy
  - Implement professional plan of care
  - Assist with alternative living arrangements
  - Provide “assisted living at home” through highly specialized home care program
  - Quality of life support – Hummingbird Project
  - Monitor quality of services and status of client; make adjustments
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# Eldercare Questions




If your clients or their family members have any questions about Geriatric Care Management, please call Sage Eldercare Solutions at 650-652-5642

- Please let your contacts know that our initial consultation is complimentary.
- More information is available at [www.sageeldercare.com](http://www.sageeldercare.com).



# Eldercare Concern



## *Mr. Smith, 79 years old*

- Lives in an assisted living community with additional 1:1 support
- Adult son lives in same city and provides daily care
- Diagnosed with Parkinson's Disease with atypical features
- His primary concerns are poor sleep and incontinence which contributes to daytime lethargy, depression, anxiety and isolation

## Next Steps

- Conduct a comprehensive geriatric assessment to develop a better understanding of what is going on; this included becoming an expert on his medical condition and treatment plan
- Address functional and quality of life issues by implementing Activity Specialist for engagement






# Sage Solutions



- Determine best plan for managing sleep, anxiety and depression
- Advocate with physician to arrange for depression screening and treatment; evaluate whether depression is the source of confusion
- Schedule medical appointments for Care Manager to attend with Mr. Smith in order to ensure recommendations are carried out
- Arrange for care manager to monitor the situation, address any new needs and update the family regularly
- Continue to advocate for Mr. Smith with medical professionals
- Monitor living environment to ensure his needs are being met as they change
- Collaborate with family and friends to bring joyous moments to Mr. Smith



# Questions



What questions do you have about Care Management?