Palo Alto
Parkinson’s Support Group
May 12, 2021
Jill Melvin, LCSW, CMC
“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
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® 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™ 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
When to Consider a CM

When to refer to an Aging Life Care Professional

- Concerns go beyond your expertise and ability to help
- Client/family needs information about community services
- Client has little or no support from local family members
- Client keeps falling through the cracks and needs an advocate
- Client/family needs unbiased information
- Family disagrees about next steps
- Caregiver feels overwhelmed and unable to move forward
- Client needs oversight of existing care
- Abuse, neglect or exploitation occurs
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
Eldercare Planning

Home Safety
- Identify required modifications
- Plan/budget for changes

Quality of life
- Identify interests and needs (emotional, physical, intellectual, etc.)
- Action plan for delivering in home or in community

Determine objectives – lifestyle, location, activities, family and friends

Financial
- Identify resources and costs of care
- Confirm ability to meet needs within budget

Medical
- Identify needs and limitations – today and future
- Confirm ability to meet needs in home or residence

Care Delivery
- Establish needs and delivery (who, how, costs)
- Role of family, friends, paid caregivers
- Supervision / Oversight

Sage Eldercare Solutions  www.SageEldercare.com
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
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.
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
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
- Allay 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
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.
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
• 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
What questions do you have about Care Management?