

Introduction to geriatric care management and how it can help you:

## 1. Geriatric care management

**Geriatric care management** (also known as "Aging Life Care™," "elder care management", "senior health care management" and "professional care management") is the process of planning and coordinating care of the elderly and others with physical and/or mental impairments to meet their long term care needs, improve their quality of life, and maintain their independence for as long as possible.

New England Chapter of Geriatric Care managers  
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You realize a Geriatric Care Manager is needed when:

- An elder needs advocacy dealing with an overwhelming healthcare system
- The elder's family has limited time, resources and expertise or live at a distance
- The family or caregiver is exhausted and needs support and guidance
- There are repeated hospital or Emergency Room visits
- End-of-life issues require sensitive coordination of all servicing entities
- Responsibilities for coordination of care falls on other professionals, such as doctors, nurses, financial advisors, or attorneys that may go beyond the scope of their services and expertise
- Home care staff are taking responsibilities that exceed what they were hired to do
- A change of living situation may be necessary and an objective evaluation with recommendations is needed
- Conditions in the home are deteriorating – insufficient food, missing doctors' appointments, filth in the home and on the elder, home repairs not being done
- There are changes in the elder's health or mental status
- There are multiple diagnoses/difficult situations, complicated decision-making and care coordination
- An elder or involved family need a "road map" after a new diagnosis or hospitalization
- There is limited or no social support
- There is a need for support and resources to maintain independence
- There is a disagreement among family members about next steps
- There is a need for consistent, unbiased, accurate communications
- Existing caregivers need supervision and on-going training
- Elders or family members are struggling with balancing safety and independence

An effective Geriatric Care Manager understands the intricacies of options and connects the elder and family or professional in need to the appropriate resources. Geriatric Care Managers balance advocacy, safety and expert services for as long as necessary.

Call Your Elder Experts today. You don't have to go it alone.

## Books

- Learning to Speak Alzheimer's, by Joanne Koenig Coste, 2004
- The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer's Disease, Related Dementias and Memory Loss, by Nancy Mace and Peter Rabins, 5<sup>th</sup> edition 2011
- Creating Moments of Joy: A Journal for Caregivers, by Jolene Brackey, 4<sup>th</sup> edition 2008
- I'm Still Here: A New Philosophy of Alzheimer's Care by John Zeisel, 2009
- On Pluto: Inside the Mind of Alzheimer's by Greg O'Brien, 2014
- Still Alice, a novel by Lisa Genova, 2009
- You Say Goodbye and We Say Hello: the Montessori Method for Positive Dementia Care, by Tom & Karen Brenner, 2012

# Websites

- [www.hbo/alzheimers](http://www.hbo/alzheimers)
  - HBO Alzheimer's Series
- [www.alzheimersreadingroom.com](http://www.alzheimersreadingroom.com)
  - Subscribe (free) for useful articles and news
- [www.caregiver.org](http://www.caregiver.org)
  - Information and support from the Family Caregiver Alliance
- [www.dementiapositive.co.uk](http://www.dementiapositive.co.uk)
  - Inspiring quotes, stories and resources
- [www.timeslips.org](http://www.timeslips.org)
  - Resource for creative storytelling
- <http://musicandmemory.org>
  - Information, inspiration and resources for bringing music to people at home or in facilities
- [www.imstillhere.org](http://www.imstillhere.org)
  - Calendar of local arts-based activities
- [www.alzstore.com](http://www.alzstore.com)
  - On-line store of products for people with dementia, and caregivers

## **Resources**

**Balancing Act**, discussion and support group, 2<sup>nd</sup>  
Thursday evening most months from 7:00 – 8:30  
p.m., Waltham

**JF&CS Memory Café**, 1<sup>st</sup> Friday morning,  
Waltham

**Regional directory of Memory Cafés**,  
[www.jfcsboston.org/MemoryCafeDirectory](http://www.jfcsboston.org/MemoryCafeDirectory)