

16 Ways to Say I Love You



Ideas for How to Start Taking Care of Elder Loved Ones

Information derived from
"The Complete Eldercare Planner"
by Joy Loverde

ROSE
Retired
Oregon School
Employees

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Ideas for How to Start Taking Care of Elder Loved Ones

- 1. Assess the situation at hand.**
Keep your planning and time line expectations realistic. What can happen? What will my elder be able to do about what happens? What can the rest of the family do to help?
- 2. Set goals on what has to get done.**
Create a support system of friends and family. Write everything down and make sure you date it. Organize information. Research costs and who is responsible for paying them.
- 3. Make sure all phone numbers are CURRENT.** This is important when trying to reach others.
- 4. List and prioritize your eldercare concerns.** Where documents are located, legal and money matters, etc.
- 5. Make good use of eldercare resources.** *Yellow pages:* hospitals, religious congregations, senior centers, social service organizations. *Blue pages:* area agency on aging, Oregon Insurance Division (Medicare), Department of Human Services (mental health, Supplemental Nutrition Assistance Program a.k.a. food stamps, Medicaid), Public Health Division, Internal Revenue Service (tax relief), Department of Transportation and Veterans Affairs/Department of Veterans Affairs.
- 6. Homemaker services** (housecleaning, personal and health care, errands, cooking). This service will help alleviate stress within the family when needed.
- 7. Home repair/maintenance services** (upkeep of home, installations, improvements). This service will help relieve those jobs that need to be done, but proper know-how is not present.
- 8. Nutrition sites/meal programs** (home delivered meals or group meals). This service is available and should be used. It also helps with the elder person being able to see others and visit a short time. You would be killing two birds with one stone!
- 9. Companion services** (friendly visits to homebound elderly). Everyone gets tired of being "cooped up" so visits from others are really welcome.
- 10. Telephone reassurance** (daily contact for people who live alone). This not only gives the elderly living alone a chance to chat but allows for knowledge that everything is OK.
- 11. Observation programs** (letter carriers/utility workers/garbage service workers trained to identify signs that an elderly person may need help). This allows for someone not close to the situation to view

what is going on around them.

- 12. Transportation service** (van services available to disabled elderly for medical appointments). This service allows for freedom of family members, knowing their loved one can still be independent and make their appointments.
- 13. Housing options** (from retirement communities to skilled nursing care). By having this available, you have a choice of where to place your loved one when the time comes that they cannot live alone.
- 14. Hospice program** (care and counseling for dying patients and family members). Being professionally trained on how to treat those loved ones during their last few days is a relief for family members and helps with the stress on everyone involved.
- 15. Emergency response system** (transmitters to call for help). In case your loved one falls and needs help, these are wonderful to have.
- 16. Respite care services** (providing family caregivers time off). Stress and frustration can be the downfall of loved ones when they do not have someone to give them breaks from their caregiving.

AARP

www.aarp.org

Administration on Aging

www.aoa.gov

Alzheimer's Disease Education & Referral Center

www.alzheimers.org

American Heart Association

www.heart.org

American Red Cross

www.redcross.org

ElderCare Online

www.ec-online.net

Family & Medical Leave Act (FMLA)

www.dol.gov/elaws/fmla.htm

Centers for Medicare & Medicaid Services

Info about Medicare/Medicaid
www.cms.gov

Meals on Wheels Association of America

www.projectmeal.org

National Association for Home Care

www.nahc.org

American Parkinson Disease Association

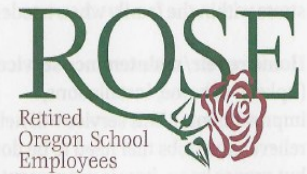
www.apdaparkinson.org

Volunteers of America

www.voa.org

Well Spouse Foundation

Help for those who are caring for spouses
www.wellspouse.org



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