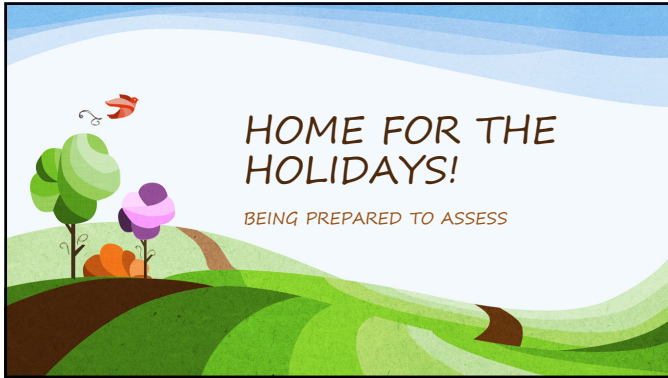
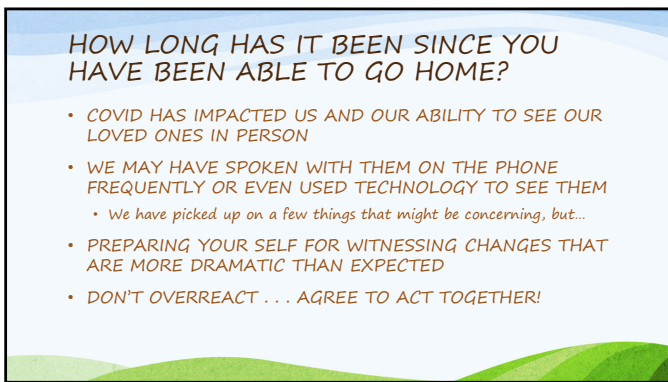
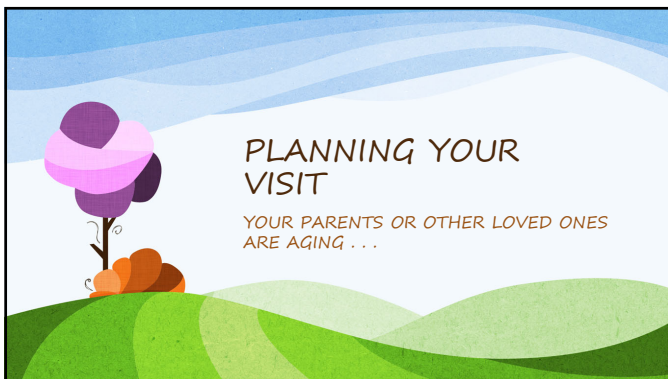




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3

SIBLING AND OTHER FAMILY MEMBERS

- In advance of your visit, discuss the need to assess how well things are going
 - Include any concerns you have from previous conversations
- Agree on strategy
 - Don't make spontaneous comments about concerns
 - Make notes, with specifics – dates, times, situation, others involved
 - Assess for risks and likelihood – Higher priorities
 - Plan to review notes and share with siblings, if applicable
 - Get everyone's input during separate conversations
 - Outside the ears of your parents or other senior loved one

4

STRATEGIES

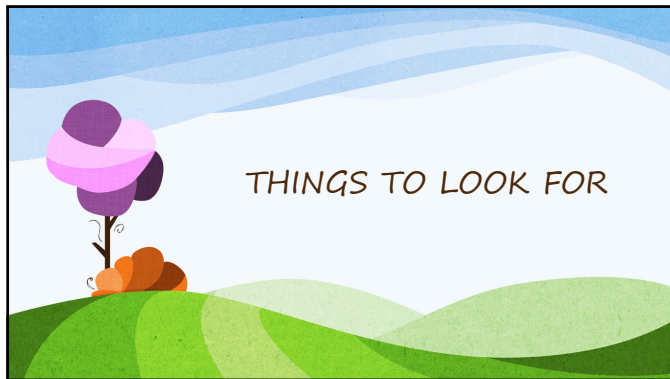
- Some actions may require immediate attention
 - Safety
 - Security
 - Medically urgent
- Other action may require additional information and strategies
 - Need to see a doctor
 - Home modifications
 - Systems for solutions
 - Research – web, care professionals, other resources

5

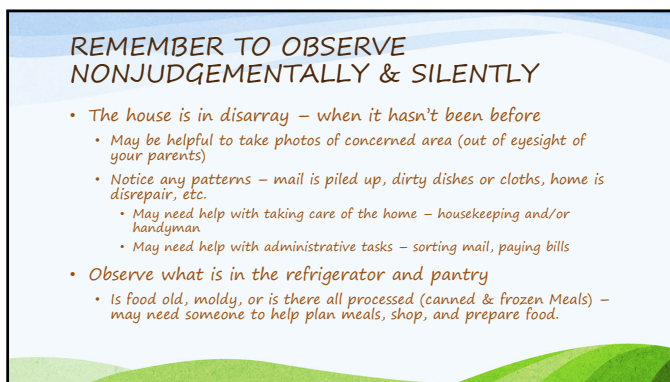
STRATEGIES – con't

- Stay calm and don't overreact
 - We all have fears of losing control, becoming more dependent, feeling like a burden
 - Our Parents are not our children – don't treat them as such
- Be prepared to calm yourself if you see things that concern you.
 - Have someone with whom you can vent, express your concerns, etc.
 - Take a break or walk away if a conversation becomes heated
 - Cognitive decline can be a bit disorienting for you as well,
 - Don't get angry if they can't remember what you just told them.
 - Don't say "don't you remember" if it appears that they don't

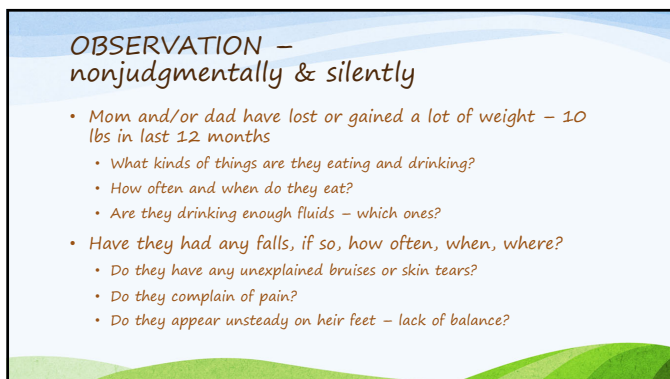
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8



9

OBSERVATION – nonjudgmentally & silently

- How are medications managed?
 - Do they have a medication list? Do they use pill boxes to help them manage what and when they take them?
 - Are there expired medications, Over The Counter (OTC) as well as prescriptions?
 - This one, you may want to ask permission to sort through and properly dispose of old and expired ones – as can be a higher risk of not acting.
 - Are they taking any controlled substances, i.e., pain medications?
 - For what purpose?

10

OBSERVATION – nonjudgmentally & silently

- Are there any new people in their life that seem to be overly involved?
 - Talk with them and observe interactions, are they dominating around your parents, do they seem to know very personal information about your loved ones.
 - Is money involved in this relationship? – Watching for potential fraud or exploitation.
- OR are there few or no outside people in their life – social isolation.
 - What things did they enjoy doing that they are not now?

11

OBSERVATION – nonjudgmentally & silently

- How does the car look?
 - Are there dents and scratches?
- If applicable, ride with your parent to the store or some other familiar place.
 - Do they get lost?
 - Are they safe drivers? Follow to close, drive over curbs, run lights, etc.
- Similarly, go for a walk with them.
 - How is their balance?
 - Do they get lost?
 - Do neighbors know and speak with them?

12

OBSERVATION – nonjudgmentally & silently

- Does it appear that bills are being paid?
 - Have utilities been shut off?
 - Pink – delinquency bill notices?
- Hygiene
 - Are cloths dirty and disrepair?
 - Are they taking regular showers/baths?
 - Smells bad
 - Hair dirty
 - Toenails long and unkempt

13

OBSERVATION – nonjudgmentally & silently

- Do you think that there may be some cognitive decline?
 - Forgetful
 - Easily confused
 - Asks the same things over and over again
 - Etc.

14

Planning for the future

Conversations, Key Information &
Essential Documents

15

Conversations to Review Observations

- Share what you saw that concerned you
- Discuss strategy for having conversation with your parents about your concerns
- Discuss possible solutions for each are of concern.
- Remember – your parent are mature, experienced adults who deserve to be treated with dignity and respect.
- Include them in the conversation about your observations and concerns. As well as potential solutions.

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MEDICAL PROVIDERS & VISIT

- Ask about creating a list of medical providers.
 - Name & contact Information, specialty
 - Frequency of visits
- Ask about obtaining or creating a list of medications
 - Name of medication, dosage, how often and when taken, who prescribed and for what purpose

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KEY LEGAL DOCUMENTS

- Advanced Directives – for Healthcare
 - Living Will – provides specific instructions for end-of-life care preferences
 - Durable Power of Attorney (Agent)– who would they like to act for them/make decision for them, if they are not able to make them.
 - Who is primary
 - Who is first alternate
 - Who is second alternate
- Copies of these document – to their Agents, local hospitals, PCP

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Key Legal Documents – con't

- General Power of Attorney or Durable POA for Finances
 - Very powerful document – Agents must be trustworthy and responsible.
 - Who is first Agent and who are subsequent agents if the primary is not able to perform the duties of such agent.
 - Where are these documents maintained.
 - May or may not want copies of these documents given to agents.

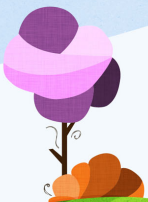
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We may feel
like kids ... but
we are not.

Planning is important.
Get professional help if needed.
MD's
Care Managers
Financial Advisors
Etc.

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Thank You! Questions

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