



1

Objectives

- The Journey of Aging
- Aging and the Family conversation
- Senior Services
- Accessing the Needs of Seniors - Activities of daily living
- Stay at Home
- Local and Long-Distance Caregiving
- Choices of Senior Care
- Community and Support Resources
- Home Care Services
- Alternative Housing Options
- Geriatric Care Managers/Advocates
- Long Term Care Planning and Legal issues
- Who pays for Elder Care Services?
- Resources

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2

"Our most cruel failure in how we treat [the aged] is the failure to recognize that they have priorities beyond merely being safe and living longer; that the chance to shape one's story is essential to sustaining meaning in life; that we have the opportunity to refashion our institutions, our culture, and our conversations in ways that transform the possibilities for the last chapters in everyone's lives."

- Atul Gawande M.D., *Being Mortal* (2014)

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3

The Journey of Aging

How does one think if aging later in life?

- Often overwhelming and daunting
- The conversation with parents and seniors to use services
- Normal aging – what is ageism?
- The acceptance of aging
- Goal for a senior is to maintain their independence for as long as possible and preference is to stay at home.

Remember what Dorothy said in *The Wizard of Oz*: "There's no place like home".

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4

4

Aging and the Family Conversation

- Pay attention to habits, passions and strengths
- Be sensitive
- Listen to seniors needs and wants
- Be supportive and patient
- Include doctor
- NEVER be pushy or forceful
- Be creative
- Family mediations as necessary
- Keep senior active

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5

5

Senior Services may Include a Broad Array of Options

- Community resources
- Aging in place – home security and improvements
- Housing
- Transportation
- Legal services
- Financial
- Counseling



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6

6

Assessing the Needs of Seniors

Incremental Activities of Daily Living vs. Activities of Daily Living



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7

7

Activities Related to Independent Living

Instrumental Activities of Daily Living are activities related to independent living:

- Using the telephone
- Doing light or heavy housework/cleaning
- Preparing meals
- Shopping for groceries or errands
- Light bookkeeping
- Drive to doctors
- Bathing/showering/personal care
- Dressing
- Eating
- Getting in or out of bed/chairs
- Using the toilet
- Walk/climb stairs
- Cognitive/making appropriate decisions
- Can senior be left alone safely?



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8

8

Stay at Home

"Aging in place" has many advantages:

- Staying in a familiar place where senior has a close network of nearby family, friends, and neighbors/community
- Wide range of home care services that can help seniors maintain their independence
- Seniors are often more comfortable with what they know
- There is often more privacy than senior living facilities

"Aging in place" is only realistic if:

- Transportation is easily accessible, including alternatives to driving
- Neighborhood is safe
- Home and yard maintenance is not overwhelming
- Physical and medical needs do not require a high level of care

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9

9

Stay at Home

Home repairs or modifications can make "aging in place" safe and easier. Start with a home assessment and consider:

- A wheelchair ramp
- Reinforced support bars in bathroom
- A shower seat
- Additional lighting
- Handheld reacher/grabber
- Widening hallways/doorways
- First-floor living
- Emergency response system

10

Local and Long-distance Caregiving

- Caregiving statistics
- Unpaid caregiving statistics
- Many children don't live near their elders
- Advance planning is extremely important
- Understand your family's strengths and weaknesses regarding senior care
- Know when to step in
- Have a plan for emergencies
- Tips for visiting a doctor
- Effect on your job
- Social media
- Caregiver stress

11

Local and Long-distance Caregiving

Some concerns are:

- Prevention of falls
- Driving
- Depression and isolation of the elderly
- Managing caregiver stress
- Remembering medications
- After-hospitalization care
- Lack of geriatricians nationally

12

Choices in Senior Care

What kind of care and how much care can be provided at home?

- Community resources
- Home care options
- Alternative housing options



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13

13

Community and Support Resources

- Senior centers and "aging in place" organizations
- Telephone reassurance
- Medical management reminder systems
- Transportation services
- Video conferencing
- Meal delivery programs
- Friendly visitor/telephone reassurance
- Grocery delivery
- Cleaning services
- Errand services
- Home maintenance
- Adult day care
- Emergency Response System

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14

14

Home Care Services

- Homemakers/Companions
- Home Health Aide
- Personal Care Aides
- Certified Nurses' Aide
- Registered Nurse
- Physical Therapists



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15

15

Levels of Home Care Services

Custodial care: assistance with ADL's (activities of daily living)
Companion care: no ADL care, but companionship, errands, light housekeeping.

Skilled care: medical care that requires the services of a skilled professional (Nurse, Physical, Occupational, Speech Therapists).

Sub-acute

16

Alternative Housing Options

A Place for Mom - Assisted Living & Nursing Home Placement

Placing an elder in the right nursing home or assisted living facility quickly can improve health outcomes

- What kind of lifestyle does senior want?
- How close would he/she like to be to family and friends, doctors, pharmacies, other medical facilities, shopping, senior centers, religious facilities, and other amenities?
- How much will the housing option cost?

17

Housing Options

Adult Care Facilities - Provides room, board and in-home support services to six or more non-related adults

Residential Care Facilities - A group residence that provides each resident with, at a minimum, assistance with bathing, dressing, and help with medications 24-hours a-day and may provide medical services

Assisted Living Facilities - For those who need a wide range of in-home support services to help them with activities of daily living but do not require the level of continuous nursing care that a nursing home offers. They may have their own private apartment and are self-contained, with their own bedroom, bathroom, small kitchen and living area. There are common areas for socializing with other residents.

Continuing Care Retirement Communities (CCRC) - Provides a comprehensive, lifetime range of services, to include housing, residential services and nursing care. Contract and entry or monthly fee with provider on services that available & costs. Housing part of one campus setting and moves from one level of care to another as level of care needs change.

18

Geriatric Care Managers/Advocates

- They advocate for clients care throughout the continuum of care at home
- Assess in-home medical needs/vet home health aides
- Coordinate a move
- Counseling, support and education
- Conduct/find support groups
- Perform assessments and formulate care plans
- Can provide short or long term assistance
- Screen, arrange and monitor home care services
- Review and recommend resources for financial, legal, Medicaid applications and benefit requirements
- Can work with a hospital or long- or short-term facility discharge planner

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19

19

Long-Term Care Planning and Legal Issues

The best way to prevent a crisis is to plan for it. Plan for the needs of elders before a care transition happens.

- Health Care Proxy
- Wills
- Power of Attorney
- Probate
- Trusts
- Advanced Directives
- Elder Law
- Estate Planning



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20

20

Who Pays for Elder Care Services

- Private Pay
- Long Term Care Insurance
- Medicaid
- Medicare - Advantage and Medicare Supplemental Insurance
 - The myth that destroys so many lives is that the government will take care of everything when we are old and frail. They believe that Medicare covers everything connected to long term care, when the truth is that Medicare does not even adequately cover acute care properly.
- Veteran's Benefits

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21

21

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- Legal/Financial consultations
- Child/Eldercare consultation & referrals
- Daily life resources
- ID theft recovery
- Free credit monitoring
- myStrength – Health Club for Your Mind
- Let's Talk Depression – A Multi Resource Tool Kit
- Comprehensive website
 - Resources
 - Self assessments
 - Health/wellness library
 - Legal forms

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22

Helpful Resources

www.putinwriting.org
www.aarp.org
www.medicare.gov
www.va.gov
www.aafp.org
www.ageinplace.org
www.alz.org
www.ssa.gov

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23

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24