



SENIOR NUGGETS MARCH 2013

“The IRS” put together spells “THEIRS”

~ MONITORING THE ELDERLY ~

- Visit regularly. Arrive at beginning of week to handle problems and line up services. If you plan to research caregivers or nursing homes, make appointments ahead.**
- Checking on caregivers - arrive without notice. When you arrive, look around and ask yourself: How is loved one doing? Is the house clean? Is there sufficient food in the pantry and refrigerator?**
- Keep tabs on finances. Check statements. Have your name added to Financial Durable Power of Attorney, bank accounts, and safe-deposit boxes, etc.**
- Take time to organize important papers. Make copies to take with you, or at least note where data is kept.**
- Set up a safety net. Give neighbors or friends a set of house keys (code to alarm system, if applicable)**

- Look into a medical alert system. A neck pendant is handy in case of a fall or emergency. Cost is approx. \$30 per month. For more information call 800-310-9825.

- Keep helpful numbers handy. Put a single list of doctors, social workers, neighbors, friends, and helpful agencies together. Leave one at home and take one with you.

- Arrange for necessary services. Interview and hire people such as home nursing staff, in person. Get references and do a credential check.

- Arrange for non-health services: landscaping, grocery delivery, and cleaning services.

- Hire a geriatric-care manager located in patient's area. He/she can help cut through red tape and efficiently coordinate care. Patient's doctor is good resource for names.

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**Best wishes to all celebrating a March birthday.
Check your Bible Birth verse: www.birthverse.com**