

SENIOR NUGGETS APRIL 2015

~ MONITORING ELDERLY ~

- Visit regularly. Arrive at beginning of week to handle problems and line up services. Make appointment to view nursing homes**
- Checking on caregivers - arrive without notice, look around and ask yourself: How is loved one doing? Is the house clean? Is there sufficient food in pantry or the refrigerator?**
- Keep tabs on finances. Check statements. Have your name added to Financial Durable Power of Attorney, bank accounts and safe-deposit box 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 medical alert system. Neck pendant is handy in case of fall or emergency. Costs about \$35 per month.**

For more information call: 1-800-310-9825

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- Keep helpful numbers handy. Put single list of doctors, social workers, neighbors, friends and helpful agencies together.

Leave one at home and take one with you

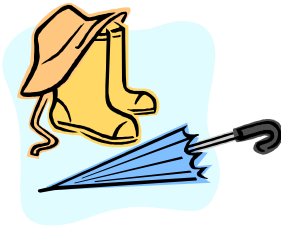
- Arrange for necessary services. Interview & hire people (home nursing staff), in person. Check references

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

- 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 an April birthday.



Senior Nuggets are also posted on the church website. www.atholton.org (look for Senior Ministries)