

## What is a Geriatric Care Manager?

*By Judith S. Parnes, L.C.S.W., C.M.C*

As America ages, more and more people are finding themselves faced with the care of an elderly parent or relative. Often, they don't know where to turn. Many seek no help or outside support until after an elder suffers a severe medical incapacity. Most common scenarios:

- “Mother has become more forgetful and confused. She doesn't take her medication. I work all day and have my own children to care for. Where do I start?”
- “ I live out-of-state. I've been calling my father regularly since mother died. Lately, he seems different. The doctor says there's nothing wrong, it's just old age. I'm worried. What can I do?”

Few guidelines exist for families confronting the transitions that occur as a family member ages.

### ***FREQUENT PROBLEMS***

- *Little, if any planning has been done.* Families may be unprepared to cope financially, emotionally or in other ways.
- *Lack of information on the kind of help needed and the available options.*
- *Disagreement.* Family members, including the older person, may not agree on a course of action.
- *Red tape.* The system of services available to the elderly, both government and private, grows more complicated every day.

### ***We Have Solutions***

It all starts with a Comprehensive Consultation, a meeting to review all aspects of the difficulties that you and your loved one are experiencing. It is during this meeting that we assess the client's and family's capacity and needs. We listen and advise, providing concrete steps and a plan of action. All facets including physical, mental, emotional and financial are discussed in detail. Elder Life Management will help you put all the pieces of your individual puzzle together.

Both immediate interventions as well as long-term plans are developed. Elder Life Management urges people to seek help for their aging loved one before a crisis arises. It makes little sense to spend more effort on planning the disposition of our estates after death than to assure that our wishes are respected during our final years of life. We pride ourselves in finding the solutions to your elder care problems.

*Judith S. Parnes, L.C.S.W., C.M.C., Gerontologist And Elder Care Consultant is Executive Director of Elder Life Management, Inc., Ocean, NJ. They provide quality elder care planning and management services to older adults and their families. Please visit [www.elderlifemanagement.org](http://www.elderlifemanagement.org) or call (732) 493-8080 for more information*