



CAREGIVER UPDATES

Happy 10th Anniversary

Winter Issue 2010

"Planning for Eldercare"



Elder Law Attorneys Specialize in Helping the Elderly

Many elderly persons rely entirely on their children, family members or other trusted individuals to help them. This dependence upon caregivers or family members makes an older person more vulnerable to abuse and financial exploitation. Legal arrangements and protective actions by family may be necessary to shield loved ones from making bad decisions or from being taken advantage of.

Though you wouldn't think a child could take advantage of his or her mother or father, there is no way to know what someone will do who is desperate for money or who feels entitled to an inheritance. For example:

David's parents' health was failing and living alone in their home was becoming a concern. His sister Jill wanted to look into assisted living for them. David immediately became upset at Jill for wanting to spend their money. He packed up his parents and brought them to his home. Being single and working, he was not available to them during the day, but left food and water on the table to sustain them until he returned home in the evening. Jill lived over 300 miles from David and when she could get to his house to visit, she found her parents' care was not acceptable. They could not remember if they took their medications or if they had even eaten a meal that day. David was also draining their savings account and when confronted about it, became angry and complained that he needed their money to pay expenses for

their care. Clearly Jill felt her brother's care of their parents was abusive, but David's defense was he provided a home for his parents in which he could care for them. This family needs a professional advisor to help them understand and clarify the issues concerning their parents' care.

Making legal decisions about property, finances, power of attorney, and final wishes are important tasks to complete for the final years of life. Having legal documentation for a will, for medical treatment and for the person designated to be responsible for parents' welfare can avoid family disputes and financial abuse, and help to conserve assets that are needed for care.

Elder law attorneys specialize in legal issues affecting the elderly. They are knowledgeable about Medicare and Medicaid programs. They work with the elderly in assisting them and their families with all aspects of estate planning and implementing necessary legal documents for the final years of life. In addition, they help individuals to apply for and possibly accelerate coverage from Medicaid. An elder law attorney can also help with disputes with Medicaid. (continued on next page)

Caregiver Tips

From Especially for the Alzheimer Caregiver

- * *Take one day at a time, but prepare for the future.*
- * *Recognize what you can and cannot do. You can't expect to accomplish all the things you were able to do before you became a caregiver*
- * *Be realistic about your loved one's changing abilities. Hold on to your memories, but realize that the person (you care for) now has different needs, abilities, and interests.*
- * *Learn to forgive yourself when things are not going according to your expectations.*

The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart. Face your deficiencies and acknowledge them; but do not let them master you. Let them teach you patience, sweetness, insight. When we do the best we can, we never know what miracle is wrought in our life, or in the life of another.

Helen Keller



"Planning for Eldercare" cont.



A Certified Elder Law Attorney (CELA) is an elder law attorney who is highly proficient in meeting the legal needs of elders and in understanding and applying the rules of Medicaid. This experience will make an attorney with this designation more competent with elder planning issues than other attorneys lacking this designation. According to The National Academy of Elder Law Attorneys --www.naela.org

"Ask lots of questions before selecting an elder law attorney. You don't want to end up in the office of an attorney who can't help you. Start with the initial phone call. It is not unusual to speak only to a secretary, receptionist or office manager during an initial call or before actually meeting with the attorney. If so, ask this person your questions.

* How long has the attorney been in practice?

* Does his/her practice emphasize a particular area of law?

* How long has he/she been in this field?

* What percentage of his/her practice is devoted to elder law?

* Is there a fee for the first consultation and if so, how much is it?

* Given the nature of your problem, what information should you bring with you to the initial consultation?"

A good way to choose an attorney is by

referral from friends, family, clergy or other associations. Before you meet for your initial consultation, prepare the items you want discussed and taken care of. Bring pertinent documents and questions. Be sure you get clear answers and that you understand what your attorney is proposing.

Does the attorney listen to what you say, appear to really care about your concerns or return your phone calls? If not find another attorney. Most Elder law Attorneys sincerely want to help make you or your parent's elder years a well planned for, peaceful experience for all involved.

There are a number of ways attorneys charge for their services. They may charge a flat hourly rate. Or they may charge hourly for some services and add on additional expense for out-of-pocket costs such as paperwork, stamps, phone calls, etc. Or they may charge a single fee for a mutually agreed-upon course of action or plan. Some attorneys who specialize in appeals for veterans benefits or Social Security may work on a contingency basis. It is important to understand how you will be billed so there will be no surprises in the end.

The National Care Planning Council lists elder law attorneys throughout the United States. To find someone in your area go to:
www.longtermcarelink.net



CAREGIVER CORNER

The following are a few examples of services I have learned about through guest speakers:

- Financial aid available to widows of deceased armed services through the Veterans administration
- Levels of care paid by Medicare at home and in assisted living.
- Watched films about dementia and Alzheimers which show ways to cope.
- Attend workshops on scrapbooking, memory books and ethical wills.

I urge anyone providing care to anyone no matter why to join Caregivers' Night Out held at the Eldred Senior Center in Provo at 6:30 pm the first and third Tuesdays of the month.

- Marilyn Schwartz
Caregiver



Humor

On a sign in the front yard of a Funeral Home it reads:

"Drive carefully.
We'll wait."





HAPPY 10TH ANNIVERSARY 2 US!!!

We of the Caregiver's Support Group are celebrating 10 years of laughter, tears, and friendships we have grown over the years. Many new faces have come, some have gone, but still the spirit remains of empathy, love and understanding as we all go through this ride together. It all started when it was noticed that there was no group taking care of the caregivers who are always operating behind the scenes, always being there to provide the necessities to sometimes rapidly changing emotional and physical needs. Caregiving takes a toll, one that often isn't counted or measured to those who provide it. And so to preserve the sanity of those unsung heroes, the Caregiver Committee was formed by combining health care professionals specific to this field with the facilities and funding needed to provide help and training to people in the community who would otherwise struggle in silence.

The Support Group is the specially created forum where caregivers can learn about the similarities of what themselves and others are going through and receive tips and a listening ear from those experienced in the field. The Group also provides front-line "tactical" support with access to and info from the very professionals that can most help with the situations caregivers can find themselves in.

Over the 10 years we have been "in business," our agenda has grown to include a monthly "Lunch Bunch" in both North and South Counties, included among 5 support groups held in Provo and Payson, with attendance numbering in the dozens. The Caregiver Conference was a huge meet and greet that took place for six years for caregivers to be introduced to the professionals and services. This conference has evolved into more interpersonal and hands-on events, like the U-CARE educational classes and "Unlocking Memories" a scrapbooking event.

As if we haven't said how great we are already, we also put out the "Caregiver Updates" newsletter, keeping our group abreast of current happenings and important news.



THE CAREGIVER COMMITTEE

is sponsored by:

Alpine Home Care and Hospice, Alpha Omega Hospice, Alzheimer's Association, Aspen Senior Care, Beehive Assisted Living of American Fork So., Community Nursing Services, Courtyard at Jamestown Assisted Living Center, Eldred Senior Center, Gentiva Horizon Home Health, Hearts for Hospice, Home Helpers, Intermountain Healthcare, Mountainland Association of Governments, Response Link, and Volunteer Caregivers, Judy, Marilyn, Chuck & Mary, Donna our intern from UVU, and others who continue to support the group as volunteers



Up-Coming Events



UCARE - A new series of 12 modules on Educational Caregiving will be hosted by Orchard Park Nursing and Rehab beginning March 4th at 11:30am. It will be held every other week on the same day. Call Geri at 801-229-3814 or go to www.mountainland.org/care to register for the classes you want to attend. This is a brown bag event. so bring your own lunch if you choose.

Scrapbooking - Making Memories will be held March 25, 2010 at Mountainland Aging & Family Services, 586 East 800 North, Orem. Open House from 3 pm to 6:00 pm. Projects to do are Scrapbooking, Reminiscence Books. Advanced Directives, and Ethical Wills. For more information, call Geri at 801-229-3814. *This is for Caregivers and loved ones. Staff and volunteers are available to assist you.

Caregiver Resources / Library

Recommended by Caregivers

- * Coach Broyles' Playbook for ALZHEIMER'S CAREGIVERS
Contact the Alzheimer's Association at 800-272-3900 / www.alz.org or
Contact Barbara Broyles Legacy ~ 479-313-5079.
- * The 36 hour Day : A Family Guide to Caring for Persons With Alzheimer Disease, Related Dementing Illnesses, and Memory Loss in Later Life.
Written by ~ [Nancy L. Mace & Peter V. Rabins](#)
- * Life with Big Al (Early Alzheimer's) A Caregivers Diary ~ [Judy Seegmiller](#).
Judy lives in Utah County and has voluntarily co-facilitated the Provo Eldred Senior Center, Caregiver's Night Out Support Group for the past 10 years among other volunteer positions she holds.
- * How to Hug a Porcupine: Dealing With Toxic & Difficult to Love Personalities ~ [John L. Lund](#) I read this book and it changed my life and the way I interact especially with family. My support group has been reading it and have purchased their own books and additional books for their family members. - Geri Lehnardt
- * Creating Moments of Joy: A Journal for Caregivers, Fourth Edition
~ [Jolene Brackey](#)
- * Family Caregiving - Be Red Cross Ready ~ [American Red Cross](#)
9 educational modules on tips to help with your caregiving tasks. These modules will be part of the UCARE classes and have been informative for those who have already taken the classes. They can be purchased at the Red Cross or there are some available at Mountainland Aging and Family Services. The cost for the modules and DVD (included) is \$25.



UCARE

Once again we are holding our UCARE educational classes for Caregivers

Orchard Park

740 North 300 East, Orem
March - August 2010
11:30 to 12:30

March 4

At Home Community Support

March 18

General Caregiving Skills

April 1 (no fool'n)

Legal & Financial Issues

April 15

Positioning & Helping
your loved one move

April 29

Assisting with Personal Care

May 13

Healthy Eating

May 27

Caring for the Caregiver

June 10

Assistive Technology

June 24

Alzheimer's & Dementia

July 8

Home Safety &
The Accessible Home

July 22

Managing Personal Assistants

August 5

Mental Illness



Call Geri Lehnardt at
**Mountainland Aging & Family
Services, (801)229-3814 or
register at
www.mountainland.org/care**