



# Aging Parents Planning, Caring, Coping

DLA Installation Support

Family Support Program

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# SEMINAR OVERVIEW

Understanding Normal Signs of Aging

Assessing Your Loved Ones Needs

Communicating with your Parent

Gathering Essential Information

Care Options

Safety

Emotions

Taking Care of You

Resources

# UNDERSTANDING NORMAL SIGNS OF AGING

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Deteriorating hygiene or appearance – Occasional or persistent?

Erratic or inappropriate behavior changes – short term or 3 weeks or more?

Confusion or disorientation – Forgetting where the car keys are or forgetting where the car is?

Emotional problems, depression or stress – occasional blues or weeks of sadness?

Signs of insufficient nutrition, dehydrations, weight loss – Skipping meals or unable to prepare them?

Inability to manage money – occasional overspending or disregard of monetary obligations?

# UNDERSTANDING NORMAL SIGNS OF AGING

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Friends or neighbors express concern – Nosy neighbor or legitimate issues?

Inability to manage medications – Occasional forgetfulness or inability to remember, what, when and how much?

Unclean or unsafe living – A lifetime pattern of behavior or decreased ability to manage household chores?

Falling, lack of mobility, wandering or significant vision or hearing difficulties – Mobility, vision and hearing can and will decrease. Is the decrease significant enough to impact safety?

# ASSESSING YOUR LOVED ONES NEEDS

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Is your Parent able to:

- Dress & undress without help?
- Shop for necessities?
- Prepare meals?
- Be left alone during the day?
- Pay bills and manage finances without help?
- Drive or use transportation?
- Maintain personal hygiene?
- Remain active and interested in hobbies?
- Remember medications?
- Maintain a positive attitude?
- Control their emotions?

# COMMUNICATING WITH YOUR PARENT

## Tips for successful Communication

- Choose a time and place comfortable for everyone with limited interruptions.
- State the purpose of the conversation.
- Discuss loved ones wants and needs.
- When discussing change, give loved one time to process information.
- Be honest. Use “I” statements.
- Actively listen to responses.
- End on a positive note.
- Set specific goals.

## Roadblocks to Communication

- Giving unsolicited advice
- Making assumptions
- Patronizing – simplifying when not needed.
- Arguing
- Withholding Information

# GATHERING ESSENTIAL INFORMATION

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Gather important Health Care, Legal & Financial Information

Designate folder or notebook for pertinent information

Adult Care Organizer – see handout

# HEALTH CARE

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Info should include:

Health Care Providers

Current Medications and Diagnosis

Prior Surgeries & Hospitalizations

Family Health History

Emergency Medical Summary

Hospital Bio

Family & Friends

# MEDICARE VS. MEDICAID

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Medicare – Over 65 or Disabled. Once you're eligible for SS

Medicaid – Lower income

Long Term Care Insurance

# LEGAL

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Will

Power of Attorney vs. Durable Power of Attorney

Property Owned

Estate Administration

# FINANCIAL

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Monthly Income & Expenses

Employment History

Financial Information

- Institutions

- Pensions

- Safe Deposit

- IRA

- CD's, etc

Credit Card Information

Loans

Insurance

# FINANCIAL

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## SS vs. SSI

- 65 & Older collect SS
- SSI provides additional security for individuals with lower income levels.

MediGap Policy – Private insurance option to cover what Medicare will not.

Long Term Care Insurance – To help pay for long term facilities.

# CARE OPTIONS

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## Home Care

- Visiting nurse or physical therapist
- Volunteer or employee from community organization

## Moving into your Home

## Adult Day Care

- Recreation and companionship
- Meals
- Assistance with personal care
- Limited medical care

# CARE OPTIONS, CONT.

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## Assisted Living Facilities

- A homelike environment
- Meals and housekeeping
- Help with personal care
- Limited nursing care
- Transportation
- Social events

## Skilled Care or Nursing

- 24 hour nursing care
- Rehabilitative therapy

# EMOTIONS

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People who are aging often cope with a range of concerns:

Declining health or cognitive concerns

A sense of loss

- of control
- of abilities or independence
- Of their home or things

Difficult feelings

- Depression
- Frustration
- Confusion
- Loneliness
- Anxiety
- Anger



# TAKING CARE THEM

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## Listen

- Actively
- Be positive
- Reassure

## Visit Often

Make new environment as familiar as possible

Connect with facility's support system, i.e. social worker

# TAKING CARE OF YOU

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Don't try to do it all

- Share work with family and friends who offer

Get enough rest, eat well and exercise as often as possible

Maintain a sense of humor

Forgive yourself if things don't go right

Be good to yourself

Reduce stress

Recognize your own warning signs

- Increased irritation
- Anger
- Increased alcohol use
- Depression or physical illness

# RESOURCES

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## Franklin County Office on Aging – Senior Options

614-525-6200 or [www.officeonaging.org](http://www.officeonaging.org)

- ✘ home-delivered meals
- ✘ homemaker services
- ✘ personal care
- ✘ respite care
- ✘ adult day care
- ✘ emergency response systems
- ✘ [minor home repair](#)

## Central Ohio Area Agency on Aging

614-645-7250 or [www.coaaa.org](http://www.coaaa.org)

- ✘ See folder

# RESOURCES

## Ohio Attorney General's Office

[www.ohioattorneygeneral.gov/Services/Seniors.aspx](http://www.ohioattorneygeneral.gov/Services/Seniors.aspx)

- × Elder Abuse
- × Elder Fraud
- × Patient Abuse or Neglect

[www.Medicare.Gov](http://www.Medicare.Gov)

1-800-MEDICARE

- × Health & Drug Plans
- × Facilities & Doctors

## Social Security Administration

[www.ssa.gov](http://www.ssa.gov) or 1-800-772-1213

- × [Get or replace a Social Security card](#)
- × [Apply for retirement benefits](#)
- × [Apply for disability benefits](#)
- × [Apply for Medicare](#)
- × SSI

# RESOURCES

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## Medicaid

1-800-324-8680 or [www.jfs.ohio.gov/ohp](http://www.jfs.ohio.gov/ohp)

- Providing healthcare to people with limited income

## Legal

### Columbus Bar Association

614-221-0754 or [www.columbuslawyerfinder.com](http://www.columbuslawyerfinder.com)

### Pro Seniors, Inc.

1-800-488-6070 or [www.proseniors.org](http://www.proseniors.org)

- Elder Rights Advocacy
- Legal Hotline
- Medicaid Information & Eligibility

# DLA LIFE CONNECTIONS

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✘ [www.worklife4you.com](http://www.worklife4you.com)

+ Screen Name & Password: DLA (case sensitive)

# CONTACT INFORMATION

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Family Advocacy Program

[shari.hutchinson.ctr@dla.mil](mailto:shari.hutchinson.ctr@dla.mil)

[www.dsccmwr.com](http://www.dsccmwr.com)

Employee Assistance Program

[drew.henderson@dla.mil](mailto:drew.henderson@dla.mil)