Planning and Caring for an Aging Loved One

My caretaking concerns:
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Initiating a Discussion
• Be proactive
• Seek “talking moments”
• Use “I” statements
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How Will My Loved One Respond
• Anger
• Disappointment
• Fear
• Relief
• Sadness
• Resistance
• Confusion
• Grief
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Planning and Caring for an Aging Loved One
Legal and Financial Resources

**Wills and Advance Directives** – Do an internet search for ‘wills’ or ‘advance directives’ followed by the name of your state for specific information.

**Social Security/SSI/Representative Payee** - visit [www.SSA.gov](http://www.SSA.gov) or call 1-800-772-1213 for more information.

**Medicare** – is health insurance for people over age 65:

- Part A – hospitalization and certain inpatient services
- Part B – doctor’s visits and certain outpatient services
- Part C – Medicare Advantage plans
- Part D – Prescription drug plans

**Medicaid** – is health insurance for those in need and many services are free (look on your state’s department of social services website for more details).

Visit the following websites for more information:

- [www.CMS.gov](http://www.CMS.gov)

**Taxes** – the AARP offers free tax advice to older taxpayers or check [www.IRS.gov](http://www.IRS.gov) as tax laws are complex and change every year.

**Benefits counseling** – offered through your local Area Agencies on Aging (for locations contact the Administration on Aging at [www.AOA.gov](http://www.AOA.gov)).

**Eldercare locator** – is a nationwide toll-free service that helps find local services for seniors ([www.Eldercare.gov](http://www.Eldercare.gov) or call 1-800-677-1116).

**Housing** – [www.AARP.org](http://www.AARP.org)

**Dealing with Caregiver Guilt**

- Define “worry time”
- Avoid second guessing yourself
- Make time for yourself
- Maintain friendships
- Manage stress
Take Care of Yourself
• Practice positive self-talk
• Ask for help
• Take care of your own health
• Set realistic expectations for yourself

Communicating with Your Supervisor
• Determine what your supervisor needs to know
• Be specific about what you need
• Offer suggestions
  o FMLA
  o Alternative work schedule, if available
• Keep lines of communication open

How the EAP can Help
• Self-assessments
• A library of articles
• Recorded webinars and podcasts
• Confidential telephone consultations
• Face-to-face counseling sessions
**Personal Care Plan**
Organize your loved one’s care needs and those responsible for each need. Review this during family meetings and be sure everyone involved has a copy, including your loved one.

<table>
<thead>
<tr>
<th>Task</th>
<th>DAILY</th>
<th>WEEKLY</th>
<th>MONTHLY</th>
<th>AS NEEDED</th>
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<tr>
<td>Meal Schedule</td>
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<td>Meal Preparation</td>
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<td>Grocery Shopping</td>
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<td>Bathing Assistance</td>
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**Additional Caregiver Resources**

American Association of Retired Persons: [www.aarp.org](http://www.aarp.org)

Aging Parents and Elder Care: [www.aging-parents-and-elder-care.com](http://www.aging-parents-and-elder-care.com)


Magellan Health: [www.Magellanhealth.com/member](http://www.Magellanhealth.com/member) or call toll-free your company’s EAP 800 number