



THE VALUE OF ADVOCACY: SUCCESSFUL AGING AND DISABILITY OUTCOME

**Stephanie Swerdlow, LCSW, CMC
Elder Options, Inc.**

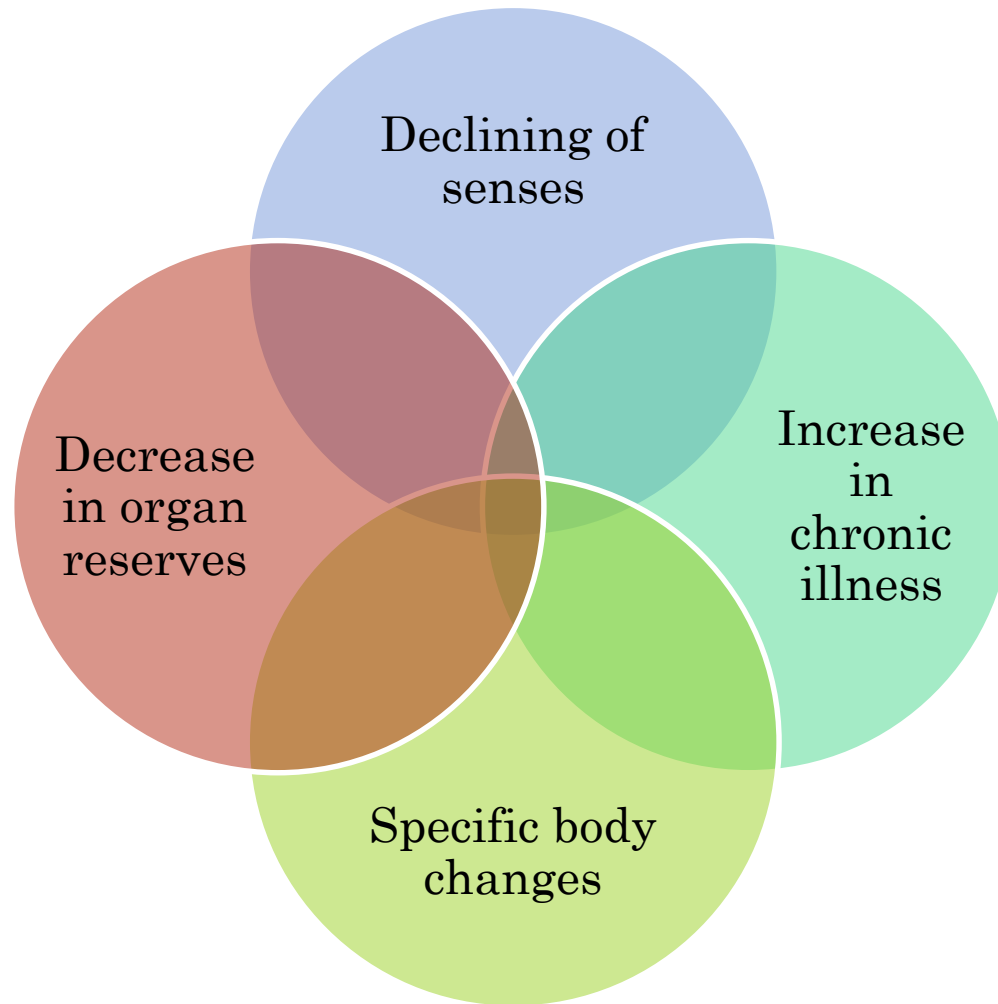
**Connie McKenzie, RN, CMC
Firstat RN Care Management Services**

LEARNING OBJECTIVES...

- Identify normal physical and cognitive changes with aging and risks and barriers to successful aging
- Define the purpose and components of an interdisciplinary assessment
- Value of advocacy for older adults and their families to ensure their safety and well being
- Identify the role individual disciplines play in supporting the plan of care and the clients goals
- Identify the 8 core areas of expertise of an Aging Life Care Professional TM
- Understand the value of professional advocacy and Aging Life Care Association TM



NORMAL AGING: PHYSICAL CHANGES



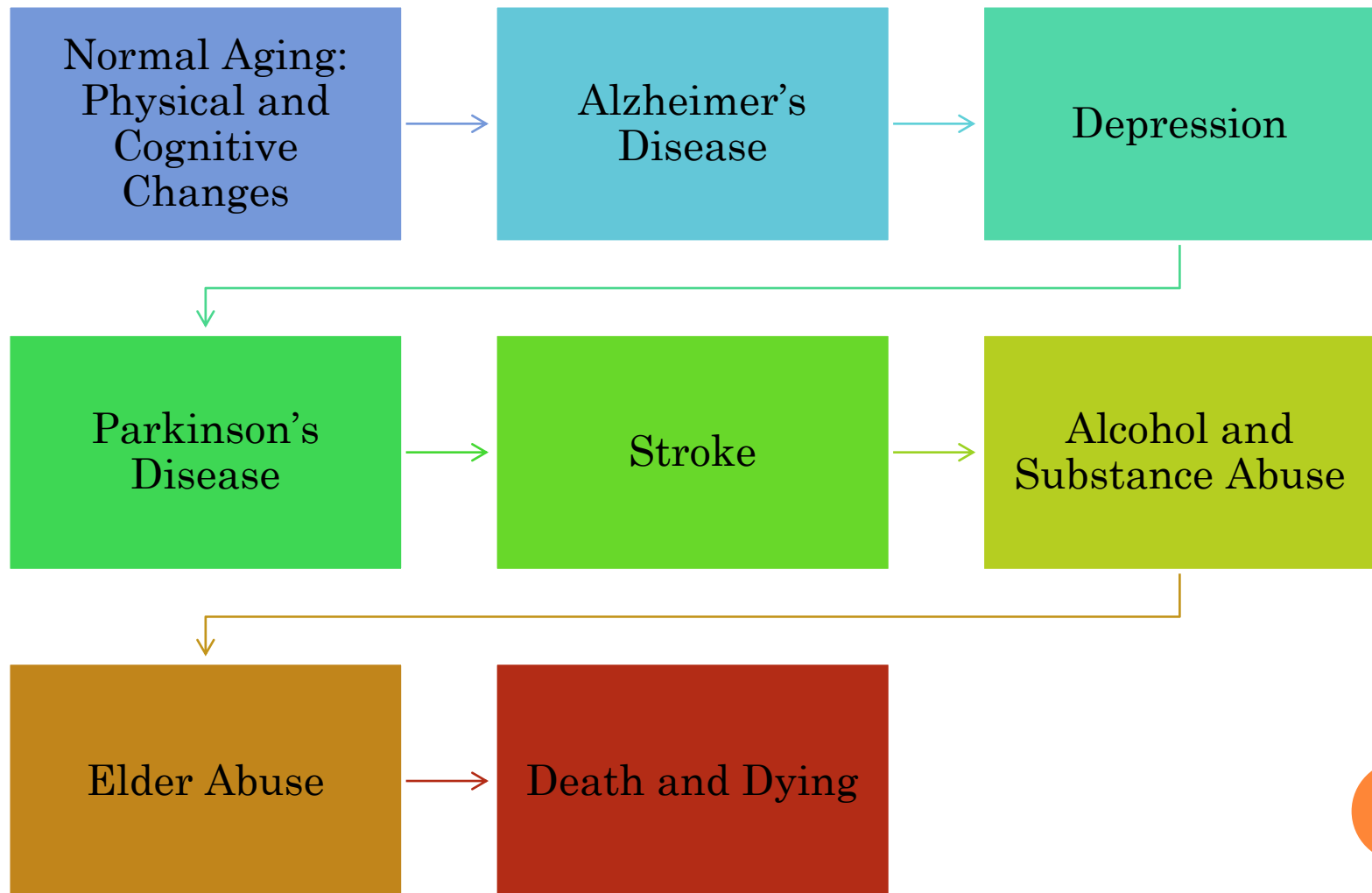
NORMAL AGING: COGNITIVE CHANGES

- Takes longer to encode, store, and retrieve information
- Rate at which new information is learned is slower
- Greater need for repetition
- Long and short-term memory changes
- Word finding ability declines
- Abstraction and mental flexibility show some decline
- Wisdom and creativity continue to the end of life

GOOD NEWS...our wisdom and creativity continue to the end of life and personality remains relatively consistent throughout our life span!



RISKS AND BARRIERS TO NORMAL AGING



THE VALUE OF A COMPREHENSIVE GERIATRIC ASSESSMENT

- The geriatric assessment is multidimensional, process used to collect data on the medical, psychosocial and functional capabilities and limitations of a client.
- Understand the client values, wishes and needs and preserves self determination
- Guides the development of short and long-term follow-up plans in collaboration with the client
- Helps to determine long-term care needs and transitional placement options
- Effective when coupled with ongoing implementation and monitoring of the resulting care plan

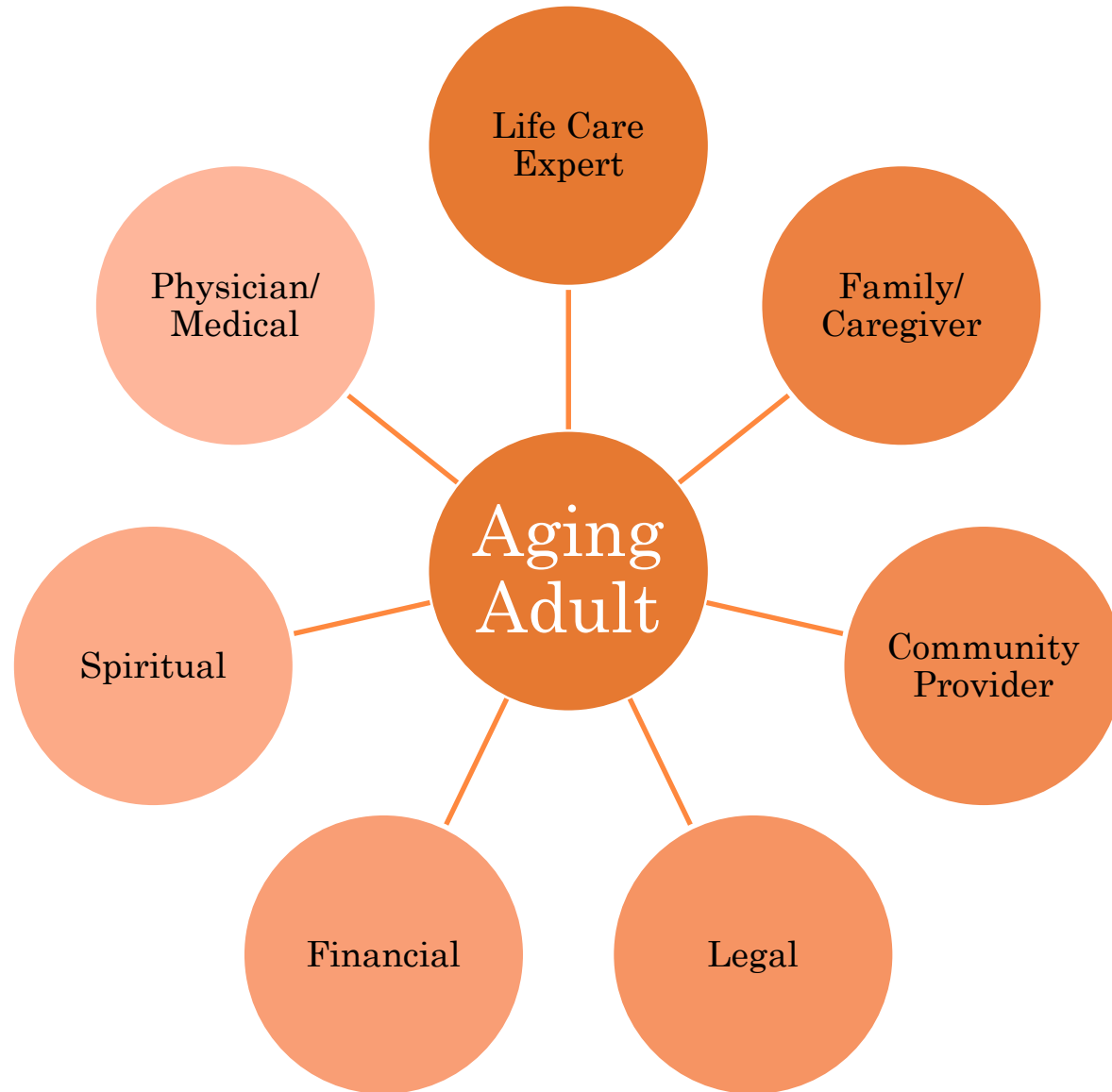


ASSESSMENT

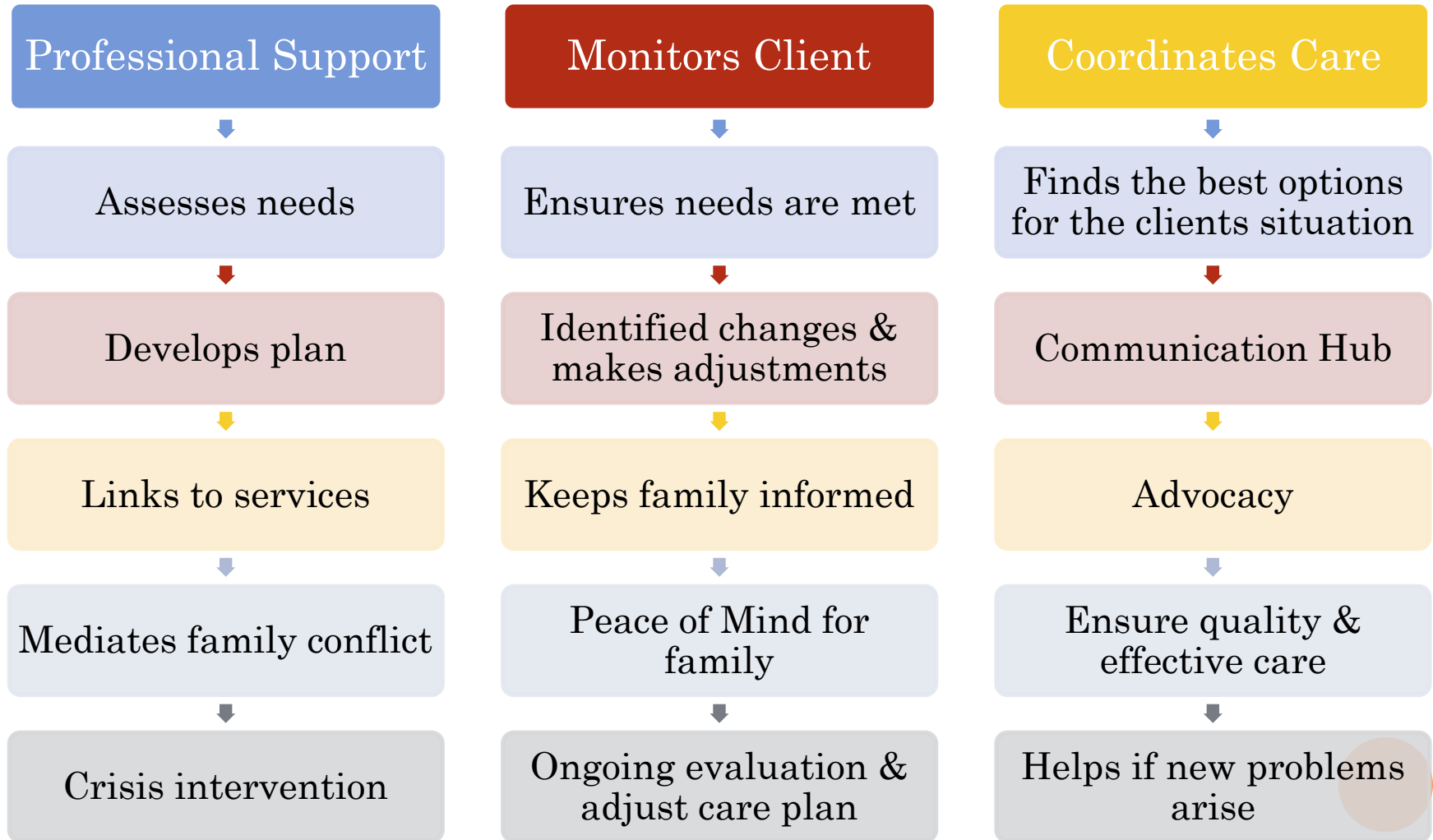
- Physical and Emotional Health
- Mental Health: Cognitive, Depression, Substance Abuse Screening
- Functional assessment : ADL, IADL
- Medication Review and Risks
- Medical Care: Physicians
- Explore Support System: Caregiver, Family. Friends
- Home Safety Evaluation
- Benefit: Medical, Pharmacy , Long Term Care, VA
- Legal: Life Planning Documents
- Financial
- Social Interests and Community Support, Religious
- Transportation



INTERDISCIPLINARY TEAM:



HOW AN AGING LIFE CARE PROFESSIONAL HELPS



WHAT IS CARE MANAGEMENT/ AGING LIFE CARE?

Aging Life Care / geriatric care management is a holistic, client-centered approach to caring for older adults or individual with disabilities facing ongoing health challenges.

Working with families, the expertise of Aging Life Care Professionals™ provides the answers at a time of uncertainty.

Their guidance leads families to the actions and decisions that ensure quality care and an optimal life for those they love, thus reducing worry, stress and time off of work.



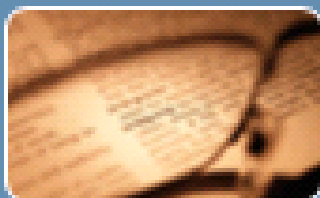
What is an Aging Life Care Professional™?



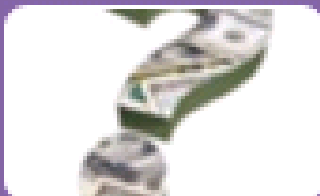
Typically, social workers, nurses, gerontologists or other health /mental health professionals



Knowledgeable: specialized training, experience in the field, familiar with community resources

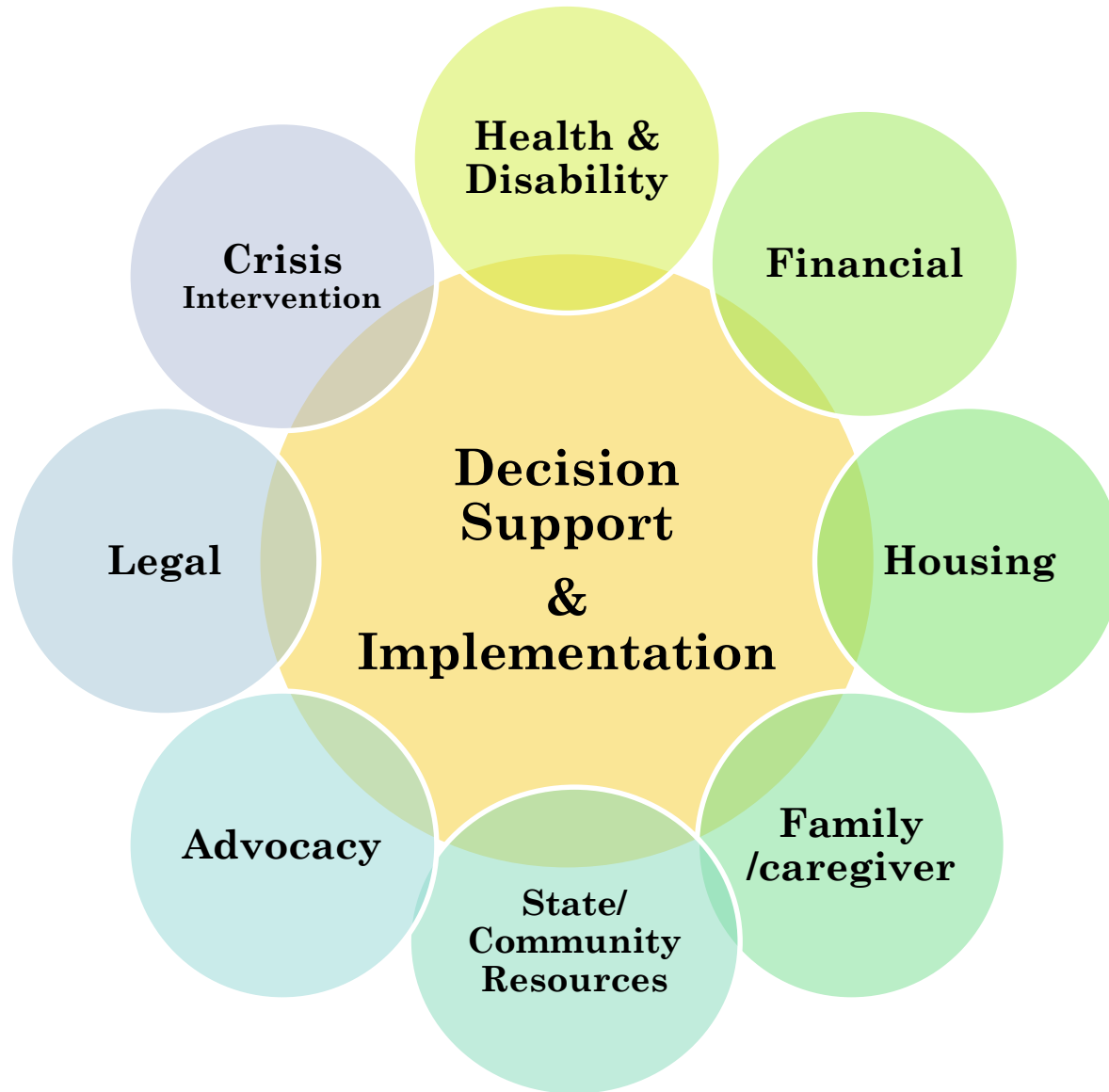


Follows a strict Code of Ethics & Standards of Practice



Certified through National Academy of Certified Care Managers

8 CORE AREAS OF EXPERTISE



WHEN TO ENGAGE A PROFESSIONAL ADVOCATE

Concerns go beyond your expertise and ability to help

Client/family needs information about community services and long term care options

Client has little or no support from local family members

Client keeps falling through the cracks and needs an advocate to stabilize

Client/family needs unbiased information

Family disagrees about next steps

Caregiver feels overwhelmed and unable to move forward

Client needs oversight of existing care

Abuse, neglect or exploitation occurs

THE VALUE OF PROFESSIONAL ADVOCACY:

- Aging Life Care management is a collaborative process:
 - Assessment and monitoring
 - Planning and problem-solving, facilitation
 - Education and advocacy
 - Care Coordination and family caregiver coaching
- Meeting the unique and often complex needs of older individuals who require a multidisciplinary approach
- Aging Life Care Professional TM works across disciplines to share insight, form partnerships and identify resources to benefit the client with workable solutions.
- Underlying patient advocacy are the beliefs that individuals have the following rights:
 - The right to select values they deem necessary to sustain their lives.
 - The right to decide which course of action will best achieve the chosen values.

**AGING LIFE CARE PROFESSIONALS
WORK COLLABORATIVELY TO ENSURE
THAT ALL THE PIECES OF THE CLIENTS
LIFE FIT TOGETHER WELL!**



LIFE MANAGEMENT GOALS AND OUTCOME FOR THE AGING ADULT

- Builds and maintains relationships that foster trust and confidence
- Proactively identifies, communicates and resolves barriers that impede the progression of care
- Promotes and supports the individuals quality of life and stated goals for self determination
- Minimize hospitalizations and improve overall health and compliance
- Provide peace of mind to families



THE VALUE TO FAMILIES AND PROFESSIONALS...WHAT THEY REPORT

- Assessment and updates on client needs
- Assist during an emergency
- Monitor medical care
- Advocate for the client
- Facilitate communication among family and healthcare providers
- Planning for current and long-term needs
- Preserving clients independence
- Provide memory care options
- Enhance social support
- Family mediation and education



FIND AN AGING LIFE CARE EXPERT

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A S S O C I A T I O N

The experts in aging well.

www.aginglifecare.org



