

# ELDER CARE UPDATES



**Spring 2001**

Visit Karen's website to learn more about the services she can provide.

www.  
rochestereldercare.com

#### Visitors can:

- Share thoughts and feelings with other caregivers
- View titles of books Karen recommends for dealing with a variety of caregiver issues.
- Print copies of the Nursing Home Checklist
- Find links to other great elder care websites.

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## Moving In

### Adjusting To A New Life In A Residential Home

The decision has been made to move your loved one to a nursing home, but you wonder how the new resident will handle the transition. You are worried that feelings of hurt, confusion and anger will arise. Below are a few strategies for dealing with the big changes this move will cause in everyone's life.

#### **Listen to concerns.**

In cases of dementia, it may not be possible to make sure that your loved one understands and is prepared for the move. Communication is more difficult, but still important in such cases. Whether your loved one suffers from dementia or is physically frail, be sure to listen to his or her concerns about the move. Your ability to offer loving reassurance and convey confidence that the move is a good decision will be very important.

#### **Ask for your doctor's help.**

If your doctor *prescribes* the move based on your loved one's medical needs, you will have this professional advice to refer to when objections arise. Your doctor may also be able to prescribe medication to help relieve the anxiety of the transition period.

#### **Bring personal items from home.**

Making the new living space as much like home as possible is very important. Consider what objects will make your loved one feel connected to the past and help establish the present. Furniture, family photographs or favorite works of art help create a familiar atmosphere.



*Karen Witkowicz, Elder Care  
Manager and Consultant*

#### **Work with the staff.**

When your loved one moves to a nursing home a thorough social history is taken. This information will help staff members learn what associations and habits are calming to the new resident. Your nursing home should always welcome additions to this history and you should always feel comfortable offering new ideas for improving the care of your loved one.

#### **Change is hard for everyone.**

The transition may be difficult for the new resident but it may be difficult for the caregiver, too. Guilt, sadness, relief and anger may all be present for a caregiver who feels she or he is handing over a very important responsibility. You may find it helpful to share your feelings with others in your situation. Many residential facilities have support groups for families in transition.

Moving to a residential home can be difficult, but anticipating and planning ahead for your loved one's comfort can make life a little easier for everyone. „

*“Excellent care for your loved one . . . . .  
. . . . . Peace of mind for you.”*

# Elder Care Updates

## Resources For Caregivers

### Books

**When Someone You Love Is Depressed: How to Help Your Loved One Without Losing Yourself** by *Laura Epstein Rosen* — recognize the warning signs of depression in others and in yourself.  
**Take Control of Your Prescription Health** by *Henry T. Luchtefeld* — practical advice about keeping track of meds, talking to your doctor, meds to avoid.

### Websites

**www.webofcare.com** — caregiver support, helpful advice on stress management and products for sale.

**www.drkoop.com** — a good site for general health questions, it also has a “drug checker” feature that looks for prescription interactions.



## *Elder Care Managers can make changes happen . .*

### Assessment

An Elder Care Manager can come into the home of an elderly person, evaluate his or her care needs and arrange either in-home care or a residential change. If necessary, a Patient Review Instrument (PRI) & screen can be done.

### Advocacy

An Elder Care Manager can help an elderly person and family make the changes happen. The application and admissions process for all residential programs is very complex. A care manager can serve as a knowledgeable guide through the tangle of red tape.

### Crisis Management

Difficult care situations can overwhelm any family. There are solutions. An Elder Care Manager has the knowledge and resources to help families understand the best choices available to them.

### Long Distance Caregiving

Out of town children of elderly parents can feel particularly anxious about elder care. An Elder Care Manager can be the extra set of eyes and ears that monitor the services that an elderly person is receiving in any care situation.

## Alzheimer's Prevention Study

Researchers at the University of Rochester are testing the possibility that non-steroidal anti-inflammatory medications (NSAIDs) could prevent or delay the onset of Alzheimer's disease. Other studies have shown areas of inflammation in the brain tissues of patients dying with Alzheimer's disease.

The Alzheimer's Disease Anti-inflammatory Prevention Trial (ADAPT) is the first large scale randomized clinical trial to examine the potential prevention of Alzheimer's disease using NSAIDs. Naproxen (Alleve™) and celecoxib (Celebrex™), medications commonly prescribed for arthritis, will be compared to a placebo over seven years.

The study is now recruiting 2,600 participants who are 70 years of age or older and are first degree relatives of someone who has (or had) a dementia suggestive of Alzheimer's disease. Participants will be randomly assigned to one of two NSAID groups or into the placebo group.

Interested in participating in the study? Call Colleen McCallum at (716) 760-6574 for a telephone interview. „

## Need A Checklist?

After you have visited several different nursing homes, they may all begin to look alike.

To keep track of your impressions as well as the services offered at each home, try printing out several Nursing Home Checklists from Karen's website. This list will give you cues to notice details like food quality and handrails and remind you to ask questions about policies and practices. „