

Helpful Ways to Manage Eldercare

Here are ways to ease the task of caregiving for an elderly parent or parent-in-law:

- **Know what to expect.** Understanding progressive conditions, such as Alzheimer's disease, is crucial.
- **Carefully review Medicare and supplemental insurance.** Make sure that medications, long-term care and other needs are all covered.
- **Keep current records.** An online personal health record can be a convenient way to track medical history, medications, etc.
- **Expect "live-in" adjustments.** Be prepared to readjust mealtimes and sleep schedules. You may experience a "role reversal," placing you in the parenting role.
- **Hold a family meeting.** A social worker or other facilitator can help with difficult issues, such as placement in assisted living.
- **Make a hospital discharge plan.** If you're unable to care for your loved one at home, a hospital discharge planner can help with the transfer to a rehabilitation facility or a nursing home, or set up in-home care.
- **Discuss advance directives.** Living wills detail medical care preferences. A power of attorney for healthcare (DPAHC) document allows your parent or parent-in-law to designate another person to make financial or medical decisions, should your parent or parent-in-law become unable to do so.
- **Get support for yourself.** Local organizations may offer adult day care, emergency respite and support groups. *(National Family Caregiver Support Program)*

Get Help and Support Now

Your Health Advocate Healthcare Help benefit, paid by your employer or plan sponsor, is available to assist with a full range of clinical and health insurance issues. Just call the toll-free number, 866.695.8622. Your assigned Personal Health Advocate, typically a registered nurse supported by medical directors and benefits and claims specialists, can help clarify geriatric conditions, locate eldercare services, help you understand and apply for Medicare and more.

Contact Us for HELP!



866.695.8622



Email: answers@HealthAdvocate.com

Web: www.HealthAdvocate.com/members

Our normal business hours are 8 am to 9 pm Eastern Time, Monday through Friday. After hours and during weekends, staff is available for assistance with issues that need to be addressed during non-business hours.

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