



# NAVIGATING FOR THE FUTURE: TO GROW OLDER GRACEFULLY



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# GROWING OLDER GRACEFULLY

## Importance of Planning Ahead:

- Living the Life you want to Live
  - Where you want to live
  - How you want to live
- Honoring what's most Important to you
  - Family
  - Community
  - End of Life
- Building Support System
  - Family/Friends
  - Doctors & Aging Services Providers
  - Paid/Unpaid Supports/Benefits
- Flexibility
  - You can't predict how you'll age, only plan



# WHEN & WHY DO OLDER ADULTS AND FAMILIES SEEK HELP?



- Following an unexpected crisis, hospitalization, or change in the individual's function.
- Chronic health deterioration that has reached a crisis.
- Following the death of a spouse or caregiver and the recognition that help is needed.
- Out of town adult children visit, become aware of their parent's deteriorating situation and seek the assistance of a care manager.
- Overwhelmed adult child recognizes that they cannot handle their parent's care alone.

# PLANNING BEFORE THE CRISIS

Who should be  
planning?

When?

Why?

What if?

How?



# WHY AND WHAT IFS

- 88% of Older Adults want to Age in Place
  - Only 45% say their home has the features it needs (age 65-80).
- 67% said they had someone to provide personal care.
  - Many of that 67% had someone living with them. (So what happens if that person dies or moves out?)
  - 70% of those turning 65 have a chance of needing services.
  - 69% of those over 65 will need this care for 3 years.
  - By 2030 it's predicted that 60% of older adults will have a chronic condition.
  - Chronic Conditions make it likely that you will need care
- 1 in 4 Older Adults Fall every year
  - Falls are the greatest cause of fatal and non fatal injuries among older adults.
- Hearing and Vision changes. 16% indicate an issue with hearing, 7% an issue with vision
  - Your hearing and vision may impact how safe you feel. Vision especially may also impact your fall risk.

# CARE MANAGEMENT

Development of a Relationship

Comprehensive Assessment

Care Planning- Goals of client matching up with  
Needs of client

Coordination of Service across the Continuum



# 8 AREAS OF KNOWLEDGE OF AN AGING LIFE CARE MANAGER

- Crisis Intervention
- Health and Disability
- Financial
- Legal
- Housing
- Family
- Local Resources
- Advocacy



# 8 AREAS OF KNOWLEDGE OF AN AGING LIFE CARE MANAGER

- Health & Disability:
  - Navigating the health care system
    - Finding Providers
    - Understanding insurances
  - Navigating changes in cognitive status
  - Advocating for client
  - Coordinating Follow up
  - Assisting with challenge of medication management





# 8 AREAS OF KNOWLEDGE OF AN AGING LIFE CARE MANAGER

- Financial
  - Informed of price points
  - Assist in weighing pros and cons of costs
  - Ascertain lower cost alternatives
  - Referrals for financial planners
  - Referrals for Daily Money Managers



# 8 AREAS OF KNOWLEDGE OF AN AGING LIFE CARE MANAGER

- Housing
  - Counsel with regard to staying in the home
  - Knowledge of higher levels of care
    - Independent
    - Assisted Living
    - Memory Care
    - Nursing Care



# 8 AREAS OF KNOWLEDGE OF AN AGING LIFE CARE MANAGER

- Legal
  - Check that all documents are in place
  - Referrals for Elder law attorneys if needed
  - Help clients weigh pros and cons of choices for POAs
  - Assist clients in finding a POA if they do not have a POA
  - Guardianship
    - Advocate for clients without POAs who can no longer make their decisions



# 8 AREAS OF KNOWLEDGE OF AN AGING LIFE CARE MANAGER

- Family
  - Navigating family dynamics
  - Support older adult in requesting help/asertain what family can do
  - Support the family caregivers through
    - Support Groups
    - Monitoring
    - Guidance on decision making



# 8 AREAS OF KNOWLEDGE OF AN AGING LIFE CARE MANAGER

- Local Resources
  - Knowledge of area resources (DC, MD, Va)
  - Knowledge of Veterans benefits or other benefits via specific needs/employment etc.
- Advocacy- Across the Spectrum
  - With Physicians
  - With Insurance providers
  - In Hospitals and Rehbs
  - In community living



# 8 AREAS OF KNOWLEDGE OF AN AGING LIFE CARE MANAGER

- Crisis Intervention
  - Mobilizing a response
  - Putting services in place
  - Helping decision makers make sense of options and then moving the plan forward
  - Being Boots on the Ground

# ADJUSTING AS FUTURE BECOMES PRESENT

Flexibility

Resiliency

Communication



Seabury Care Management's goal is to help older adults maintain a high quality of life. Our care managers provide counsel, advocacy and coordination of services to meet the older adults' unique physical, emotional, social and financial needs.





# SEABURY CARE MANAGEMENT SERVICES

Information and Assistance Line: 202-364-0020

Brief Consultations

Roadmap

Ongoing Care Management

Also provide Life Enrichment Service

- Focuses on the social isolation and engagement piece

QUESTIONS?

**THANK YOU!**

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