

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
- \triangleright Only 45% say their home has the features it needs (age 65-80).
- 067% 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
- ol in 4 Older Adults Fall every year
 - Falls are the greatest cause of fatal and non fatal injuries among older adults.
- OHearing 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

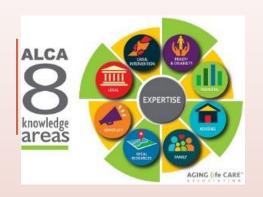
Development of a Relationship

Comprehensive Assessment

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

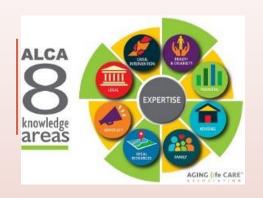
Coordination of Service across the Continuum





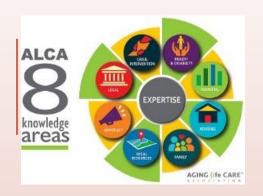
- Crisis Intervention
- Health and Disability
- Financial
- Legal
- Housing
- Family
- Local Resources
- Advocacy





- 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





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

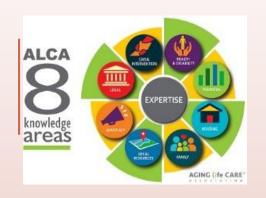




Housing

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





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



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





- 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





- 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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