



American Parkinson Disease Association  
Georgia Chapter and The Information and Referral Center  
at Emory University

P.O. Box 49416  
Atlanta, GA 30359

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#### **DISCLAIMER**

**The material in this newsletter is presented solely for the information of the reader. It is not intended for treatment purposes, but rather for discussion with the patient's physician.**

# **MARK YOUR CALENDAR!**

**Educational meetings located at Budd Terrace Auditorium on the Wesley Woods Center Campus are as follows:**

**August 18, 2007**

PD Update 2007 - 2008 by Dr. Jorge Juncos

**September 15, 2007**

TEVA Pharmaceuticals presents "MAO-B inhibition" speaker to be announced

**October 20, 2007**

GI disturbance and PD by Dr. Jim Greene

**November 17, 2007**

Lee Silverman Voice Therapy by Sarah Hobbs

**Educational meetings will start at 10:30am. Please come prepared with your questions.**

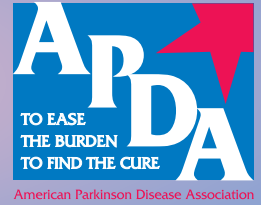


**This newsletter made possible by an educational grant from Teva Neuroscience**

# Parkinson's @ Us

## Newsletter

FALL 2007



**A Publication of the Georgia Chapter, American Parkinson Disease Association, Inc. and The Information & Referral Center at Emory University**

## How to optimize your visit with your Parkinson's health care provider

To get the most information and best treatment options for your most troublesome Parkinson's disease (PD) symptoms you should plan ahead. Arrive early on the day of your appointment. Decide what symptoms are bothering you the most and be prepared to discuss them with your provider (physician, nurse practitioner or physician's assistant). Make a problem list and bring it with you. Be sure to take note of how your symptoms relate to the timing of your anti-Parkinson's medication. Note whether you get a resolution of your symptoms after your medication dose and if your medicine keeps working to control your symptoms from one dose interval to the next dose. Be prepared to discuss how your symptoms are affecting your ability to function. Don't forget to include any adverse effects you are experiencing from the medications such as dizziness, ankle swelling, nausea, confusion, hallucinations, dyskinesias, compulsive behavior, etc. Always bring a complete medication list to every visit even if your medicine has not changed since the last time you were seen.

Parkinson's disease affects people in many different ways. Beyond those symptoms that we normally attribute to PD like tremor, stiffness, slowness, and gait (walking) problems there can be sleep and mood disturbances, blood pressure problems, memo-

ry changes, constipation, sexual dysfunction, urinary frequency, sweating, flushing, fatigue, etc. Take a symptom inventory and compare your symptoms to those listed above. Think in terms of how the symptoms affect you and what makes it better or worse. Also make note of how you have treated that symptom in the past and if it resolved the problem, for instance increasing your daily fiber intake to treat your constipation. You may need to prioritize your problem list to make sure your top three concerns are addressed. Your provider will spend an adequate amount of time with you but must also be conscientious about time allocation. If there are too many problems to address in one visit ask to come back for a follow-up. Make sure you understand all the instructions that you are given at your visit. Obtain prescriptions, laboratory/radiology orders, business cards, and any office contact information you will need prior to your next visit. Treatment of PD is a partnership that you can greatly contribute to by taking a few minutes to prepare in advance.

Gail Walls, RN, MSN, APRN-BC  
Family Nurse Practitioner  
Movement Disorder Clinic  
Emory Neurology

### Parkinson's Disease Research Ride

For those of you interested in motorcycle rides, here's an opportunity for you. Come & join for the fun.

All proceeds go to fund Parkinson's Disease research.

**Southern Thunder Motorcycles in McDonough to Warm Springs**

**Saturday, August 18, 2007 (rain date – August 25, 2007)**

**Registration – 8:30 to 10:30 AM / Ride leaves at 11:00 AM**

**\$10/Rider, \$5/Passenger (Ride at your own risk.)**

For more details, contact Roger or Angela Couch at (770) 884-3024 or Greg Grey at (678) 873-1304. Directions to Southern Thunder Motorcycles: Go I-75 to exit #218 Highway 20, go toward Hampton one block. Southern Thunder is on the right.

**How do you like the new newsletter? Please forward comments to: [mmusant@emory.edu](mailto:mmusant@emory.edu)**

## Georgia Chapter Executive Committee

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Schwarzkopf  
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## Newsletter Staff

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Editor  
Linda McGinn, R.N.  
Copy Editor

## PRESIDENT'S CORNER

I would like to take this opportunity to thank two of our members who have decided it is time for them to retire from the board. Both have made important contributions to our board and the Chapter. The first one is Margaret Miller. She has been an active and dedicated board member for over a decade. Margaret has been the driving force when it comes to coordinating the auction and raffle items for our various fundraising events over the years. For the past two years, she has worked on the organizational committee (and has been the inspiration) for the Concourse fundraiser that precedes the Cycling for Parkinson's event. To quote Margaret's resignation letter: "Now it is time to replace people like me with someone active, with fresh ideas and (hopefully) corporate contacts. Our growth has been remarkable, but we must gain more involvement by corporate Atlanta in order to continue." Margaret, we will try to fulfill your desire for the Chapter. You are one of our "unsung" heroes.

The second person is Fred Rowley. For the past several years Fred has served on the Chapter board as our Treasurer. He has been more than faithful in his duties as Treasurer. Fred has also been instrumental in bringing to the Chapter grants from Rollins, Inc. that has helped us expand our Respite Program. When he meets people that have been newly diagnosed with PD, he pays their first year's Chapter membership dues. Fred also attends the first (or following) monthly meetings with them so they can meet others and feel comfortable. To my knowledge, no one else provides this outreach. He has also served on all Driving Parkinson's Away golf tournament committees. We are sad to have both Margaret and Fred leave us. They will be greatly missed.

Carol Palmer, President  
Georgia Chapter APDA

## MEET YOUR NEW 2007 CHAPTER BOARD MEMBERS

**Annemarie Schwarzkopf: Vice President**, is an Eldercare Advisor for a national firm called A Place For Mom. As such, she spends her time counseling families on the many options for helping seniors in crisis. She is especially interested in helping families whose loved ones have developed Parkinson's disease. She is looking forward to her tenure as the upcoming President of the Georgia Chapter of APDA.

**Patricia J. Klein: Treasurer**, is a CPA who retired from BellSouth in 2006. She is now Comptroller for Clairmont Oaks, Inc., a corporation that owns and operates two senior living facilities – Clairmont Oaks and Briarcliff Oaks. Patti is active in The Pilot Club of Atlanta. She is a caregiver for her husband George, who has had Parkinson's disease for almost 20 years. Patti and George have participated in the PWP (People With Parkinson's) Support Group for four years. Patti is also a stepmother to George's two adult children and eight grandchildren.

**Victoria Collier, PC: Secretary**, served in Desert Storm as a law clerk. She has worked as a nurse's aide in both nursing homes and private homes. Victoria spent 10 years as a paralegal and law clerk in both the United States Air Force and in the private sector. She founded the Elder & Disability Law Firm of Victoria L. Collier, PC to serve the legal needs of senior citizens when their health care needs increased. Victoria's specific focus within The Firm is on Life Care planning, Disability planning, Medicaid planning and Guardianship litigation. She serves as the Chair of the steering committee to organize and implement the Georgia Chapter of the National Academy of Elder Law Attorneys. Victoria gives much of her time to the community to educate families and health care providers on the specific legal issues surrounding aging and disability.

### MEMBERS-AT-LARGE

**Cathy Frazier**, is the managing partner of Frazier Cycling, a road cycling fitness company. She also serves as a corporate identity consultant and owner of Frazier Marketing & Graphic Design. Cathy began her cycling career in 2003 to train for RAGRAI (Registers Annual Great Bike Ride Across Iowa). To raise awareness for Parkinson's disease and to demonstrate how exercise can greatly improve one's quality of life, Cathy, who is a PD patient, rode 464 miles on a tandem bike. Cathy is co-founder of Pedaling for Parkinson's, a non-profit organization dedicated to raising public awareness and funding for exercise-related research to help PD patients.

**Kelli A. Rogan**, is a Financial Services professional who is associated with Merrill Lynch. She is a coach for Frazier Cycling's kid's group. Kelli has been an instrumental force in making the past two Georgia Chapter Cycle for Parkinson's Cycling Races the successes they have been, and she brings to the board much needed fundraising expertise. Kelli became interested in Parkinson's Disease after her father developed PD. She has one child.

**Jessica Gill**, has worked for the Centers for Disease Control, the Arthritis Foundation National office, Sunrise Senior Living, and the Southeastern Geriatric Healthcare Group. For the last 12 years she has focused on educating family members and the community on various elder care topics. Currently she is the owner and President of Aging by Design, a Geriatric Care Management company. She specializes in helping adult children cope and adjust with their aging parent's changing needs. Her niche lies in providing resources to help make the quality of life better as these needs change. Jessica is the mother of two.

Carol Palmer, President  
Georgia Chapter APDA

## Fundraising Events



**On May 19, 2007**, the Georgia Chapter APDA partnered with Frazier Cycling to hosted "The 2007 ALLGOOD Cycle For Parkinsons Criterium" at Georgia Gwinnett College in Lawrenceville, GA. The race categories included Youth 9 & Under all the way up to Pros. We received a lot of very positive feedback from the racers and increased racer participation over last year by 100 for a total of 289 racers. It was Frazier Cycling's first Lance Armstrong Junior Olympic Race Series (LAJORS) race with 64 juniors from all over the southeast showing up to compete.

Here are just a few of the Racer comments: 1) the race was, once again, awesome. It is probably the best-run race we compete in all year. I honestly can't think of any improvements. You even had sweepers on the corners to keep debris away! We'll definitely be back. 2) It was an excellent race. The staff was friendly and helpful, and the venue was laid out very well. I enjoyed the race, and will certainly have it on my calendar for next year.

A special thanks to our sponsors: Georgia Gwinnett College, Frazier Cycling, CycleWorks, Allgood Pest Solutions, Dr. James R. Sandlin, DDS, Savannah Wheelmen, Elite Sports Medicine, Gwinnett Convention and Visitors Bureau, Porter, Kendle, Moore LLC, U. S. Traffic Technologies, Inc., Inside Gwinnett, Georgia Photographics, Jersey Mikes and Advertising Design.

On behalf of the Georgia Chapter APDA, we extend our appreciation to Cathy Frazier, Event Coordinator, our sponsors and all the volunteers that worked on the event. It was an awesome event and we raised over \$7,000.00 for Parkinson's research. Together we can make a difference.

## "The Proud Hands of Parkinson's Disease" Project Call for Photographs and Stories

*Submission of stories and photographs portraying day-to-day living with Parkinson's are requested*



**WHAT:** Teva Neuroscience is focusing on the many personal victories of those living with Parkinson's disease (PD). The spotlight will be on what can be accomplished, rather than on the challenging symptoms of Parkinson's disease. The book titled, "The Proud Hands of Parkinson's Disease," which is set to be released in fall 2007, will tell the stories, in photographs and narrative, of those living with Parkinson's, or those of the nurses, doctors and caregivers who care for those living with the disease. The photos will highlight the hands of those touched by the disease; for example, teaching a grandchild how to fish, writing in a journal, or cooking. Accompanying short stories that explain what the pictures represent are also requested.

**WHY:** It is important to let the community know that Parkinson's disease does not have to be the entire story of a person's life. "The Proud Hands of Parkinson's Disease" is a way for those affected by the disease to share this message with the world.

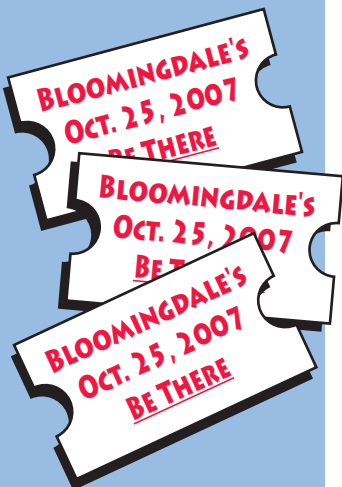
**SUBMISSION:** A submission should contain one to five photographs (not copyright protected) portraying any activity or hobby that demonstrates how the person copes or persists in spite of Parkinson's disease, or helps in the case of someone with PD. The photo(s) should emphasize their hands. The photo(s) along with the accompanying story may be submitted online at [www.azilect.com](http://www.azilect.com).

**CONTACT:** For more information, please contact Carlos Casas at 816-512-2344 or via e-mail at [carlos.casas@fleishman.com](mailto:carlos.casas@fleishman.com)

## Please Buy Tickets for The Shopping Benefit and Help Raise Funds for Parkinsons Research

On October 25, 2007 our Georgia Chapter of the APDA will be among several other charities participating in a unique fundraising event sponsored by Bloomingdale's two Atlanta stores including Lenox Square Mall and Perimeter Mall. We will sell our own specially marked tickets to this event and we would like as many of you to buy tickets as possible.

**The Shopping Benefit** will feature storewide entertainment, fashion events and special discounts. Tickets are on sale for \$10.00 each and 100% of the proceeds from our sales go to APDA. Ticket holders will receive a certificate for 15 to 20% savings off Bloomingdale's regular and sale priced merchandise on the day of the event. Tickets to **The Shopping Benefit** may be purchased in advance by contacting APDA at 404-325-2020. Tickets will go on sale starting in September but you can reserve tickets now.



# APDA Support Groups

## ATLANTA

APDA Education Meeting  
Wesley Woods Budd Terrace  
1833 Clifton Rd., Atlanta, GA 30359  
3<sup>rd</sup> Saturday, 10:30 AM (Aug-May)  
Mary Louise Weeks, RN (404) 728-6552

### People with Parkinson's PWP Group

Westminster Presbyterian Church  
1438 Sheridan Rd. NE, Atlanta, GA 30324  
3<sup>rd</sup> Tuesday, 1:00 PM  
MaryAnne Brawley (770) 554-4193

### Atlanta Veterans Medical Center

Veterans Learning Center, 1<sup>st</sup> floor  
1670 Clairmont Road, Decatur, GA 30033  
1<sup>st</sup> Tuesday, 1:00PM  
Betty Robinson 404-321-6111 x7121

## ATHENS

Athens Council on Aging  
135 Hoyt Street, Athens, GA 30606  
4<sup>th</sup> Monday, 2:30 PM  
Ann Boyer (706) 425-9591

## BLAIRSVILLE

Union County Library  
Blairsville, GA 30512  
2<sup>nd</sup> Wednesday, 3:00PM  
Paula Wilde (706) 745-6594  
Peter Schltze (706) 745-9171

## DOUGLASVILLE

Wellstar Medical Center  
8820 Hospital Dr., Douglasville, GA 30134  
1<sup>st</sup> Tuesday, 2:00 PM  
Larry & Maebelle Hennessy  
(770) 949-9467

## DUBLIN

Laurens County Library  
801 Bellevue Ave., Dublin, GA 31021  
2<sup>nd</sup> Monday, 10 AM  
Joyce Williams (478) 463-3368  
Terry Waldrep (478) 275-0395

### DUNWOODY EARLY ONSET PD GROUP

Dunwoody Baptist Church  
1445 Mt. Vernon Rd., Atlanta, GA 30338  
3<sup>rd</sup> Tuesday, 7:00 PM  
Glenn Rapp (770) 965-3871  
Eileen Piasecki (770) 621-0777

## FAYETTEVILLE

Dogwood Forest Senior Living Home  
1294 Hwy 54 W., Fayetteville, GA 30214  
4<sup>th</sup> Tuesday, 7:30 PM  
Pam MacCallister 770-487-4444  
Betty Fry 770-631-2665

## GAINESVILLE

St. Paul United Methodist Church  
404 Washington St., First Floor  
Gainesville, GA 30501  
First & Third Thursday, 11:00 AM  
Marie Bridges RN, MS (770) 532-8848

## GAINESVILLE

Lanier Village Estates  
4511 Misty Morning Way, Apt 2118  
Gainesville, GA 30506  
4<sup>th</sup> Tuesday, 11:00AM  
Ruth Pearce 770-718-9752

## GRIFFIN

Spalding Regional Hospital  
601 S. 8<sup>th</sup> St., Griffin, GA 30224  
4<sup>th</sup> Wednesday, 2:00 PM  
Liz Tarleton, 770-233-2001

## LAWRENCEVILLE/ GWINNETT

SummitRidge Community Room  
250 Scenic Highway (Hwy 124)  
Lawrenceville, GA  
2<sup>nd</sup> Friday, 1:30 PM  
Sharon Hansen (678) 584-6900  
shansen@ghsnet.org

## MACON

Medical Center Wellness Center  
3797 Northside Dr., Macon, GA 31210  
September-May  
Last Thursday of the month, 3:00PM  
Patti Jones 478-746-9401

## MARIETTA

Eastside Baptist Church  
Activity Building  
2450 Lower Roswell Road, NE  
Marietta, GA 30068  
3<sup>rd</sup> Monday, 10:30 AM  
Bernice Cheney (770) 977-0679

## MOULTRIE

Colquit Regional Medical Center  
3131 S. Main St., Moultrie, GA 31768  
1<sup>st</sup> Monday, 6:00 PM  
Vernita Moore (229) 891-9267

## ROSWELL

Roswell United Methodist Church  
814 Mimosa Blvd., Roswell, GA 30075  
2<sup>nd</sup> Sunday (Aug. - May), 4:00 PM  
Julie Eckert (770) 642-4094  
Jane Bowling (770) 993-8551

## TIFTON

LeRoy Rogers Senior Center  
315 West 2<sup>nd</sup> St., Tifton, GA 31794  
2<sup>nd</sup> Tuesday, 2:00 PM  
Linda Boyette, R.N. (229) 388-1888

## SPARTANBURG, SOUTH CAROLINA

Senior Centers of Spartanburg  
142 S. Dean St.  
Spartanburg, SC 29302  
2<sup>nd</sup> Thursday, 3:00 PM  
Ethel Perricone (864) 597-1150  
Norbert Collins (864) 457-2439

## COLUMBIA, SOUTH CAROLINA

Lexington Medical Park Auditorium  
Sunset Boulevard, Columbia, SC  
Every other month 3<sup>rd</sup> Sunday 3:00PM  
Betty Millender (803) 874-3211

## ASHEVILLE, NORTH CAROLINA

1<sup>st</sup> Tuesday 10:30-12:00PM  
Care Partners Health Services  
Seymour Auditorium  
Robin Fox, RN  
828-274-9567, ext. 4157  
E-Mail: [rfox@carepartners.org](mailto:rfox@carepartners.org)

## Concourse Athletic Club Benefit

By Margaret Miller

The Concourse Athletic Club held its Second Annual Poolside Benefit for Parkinson's on Thursday evening, May 17, 2007. The large crowd in attendance enjoyed the beautiful weather, the music provided by The Gentle Rain Jazz Trio, cocktails, fabulous food donated once again by Carrabba's, dessert provided by Metrotainment Bakery, a large "Balloon Pop" for prizes, and a Silent Auction.

Jacci Nightingale and Rose Carini, co-chairpersons of the event, did a superb job of organizing the party and exceeded the goal set by the planning committee. The event raised \$11,800.00 for Parkinson's research and the Parkinson's Respite Program.

A very special "Thanks" to the Concourse Athletic Club committee and to the volunteers who spend long hours planning and organizing the event. Together we can make a difference.

# Social work and Parkinson's Disease

By Lynn Ross, LMSW

You or a family member has been diagnosed with Parkinson's disease (PD) by a physician in the Movement Disorders program in the Department of Neurology at Emory University. Your neurologist has discussed the disease process, the new medicine that is available and the research that is being done to help find a cure for PD. You have listened attentively to what he/she has said and you have tried to absorb all you have heard. But now what? How do you and your family cope with the many decisions that you must make? From the physician's information it sounds as if PD will affect every aspect of your life, but where do you begin? It is just too much to think about. Where can you go for help?

A social worker is now available to help you and your family navigate the often confusing health care system and access the resources you need. As part of the multidisciplinary team at the Wesley Woods Health Clinic, I am here to help patients and their families function at the highest level possible and to act as a guide and advocate for patients diagnosed with movement disorders. It is my role to "help people help themselves" by connecting patient's and their families to necessary resources and support within their community. I also provide educational information and help families plan for future financial, legal or care issues.

Not only do movement disorders such as Parkinson's disease affect the individual physically, but emotionally as well. This type of health condition can also be emotionally difficult

on family members. Because the family, especially the spouse, is a major source of support to the patient, their needs are also important in the care and well-being of the patient with PD. A social worker may also help families understand and adjust to changes in family functioning due to the PD diagnosis.

Whether you or a loved one has been living with a diagnosis of PD for many years or if the diagnosis is new, there are a number of non-medical questions that you may have, and have not been able to find answers. No matter where you are in this life-changing process, accessing resources is always important and can be overwhelming. Whether you need information regarding legal, financial, or care issues, it is the role of the social worker to know what is available. A social worker can be very beneficial to you and your family in finding an answer to these questions. He/she is able to provide information on available community resources, government benefit programs, long term planning, and a variety of other helpful services.

I hope you will contact me either by telephone or email if there is an issue I can help with. I will be happy to provide guidance and information. If there is something I do not know I will be glad to research the problem and together we can find a solution that is best for you and your family.

Lynn Ross, LMSW  
404-728-6300  
lross@emory.edu

## Study aims to evaluate GI function in PD and other neurological disorders

A new study at Emory is attempting to measure the burden that abnormal gastrointestinal (GI) function places on PD patients. Problems like *trouble swallowing, nausea, bloating, and constipation* are suffered by nearly every person with PD, but knowledge about what causes them and how debilitating they really are is limited.

Although usually thought of as a disorder of movement, Parkinson's disease has not been recognized by patients and researchers to affect many non-motor functions including thinking, mood, pain perception, and gastrointestinal function. GI abnormalities in particular cause great difficulty for many patients in that symptoms can be disabling and embarrassing. In addition, poor medication absorption from the stomach can cause problems with the treatment of motor

symptoms. It is now believed that abnormal GI function may be caused by the disease process itself and that evaluation of the GI tract may provide clues as to what causes PD. Information about GI function in other neurological disorders is extremely limited.

Currently being conducted by Dr. James G. Greene MD, PhD and Dr. Leslie Cloud, MD, the study involves a brief (20 min) questionnaire which asks about symptoms experienced over a two week period. Participants need not have any GI complaints, but must be diagnosed with Parkinson's disease, Alzheimer's disease, Huntington's disease, or Multiple System Atrophy. To be eligible, participants must be able to provide historical information over the phone and have a spouse who is willing to participate in the study.

If you are interested in participating, please call or email: 404-728-6522  
(APDA hotline, leave message for Dr. Cloud) Leslie.Cloud@emoryhealthcare.org

# How a Care Manager Can Help You

by Jessica Gill, MPH, CMC

A Geriatric Care Manager is a health and human services specialist who helps families who are caring for older relatives. Susan Contreras of Atlanta is a typical client. Her parents are in their mid-70s and live two hours away in Alabama. She has a 12-year-old son (along with an adult daughter) and a full-time job.

“When Mom’s physical and mental health declined, I wanted to help her and Dad. But I’m in another state and I’m really busy with my own family and my work,” she says. “And I have no expertise in anything related to health care or aging, so I didn’t know where to start.”

“Mom’s doctor referred me to a case manager, and what a god-send. Now I have a professional partner in Mom’s care, who knows the lingo and where to go for help with different needs, both in Atlanta, and in Anniston, Alabama, where my parents live.”

## A Care Manager brings expertise in elder care

A Care Manager is trained and experienced in fields such as nursing, gerontology, social work, or psychology, with a specialized focus on issues related to aging and elder care.

“The Care Manager connected us with home care services, adult day care, and a dementia support group in the city where my parents live, as well as a counselor who specializes in aging and dementia in Atlanta,” says Susan. “We also have a referral list of assisted care facilities that we can begin looking into now (in case it becomes necessary later) before we have a crisis of some sort and have to make a quick decision.”

The care management plan for Susan’s Mom also included referrals to an attorney who specialized in elder law to help the family make sure they are covered there—wills, health care directives, trusts, powers of attorney, etc.

## Paying a Care Manager can save you money

The cost of a Care Manager’s services varies, but usually ranges between \$75 and \$150 per hour. Sometimes Medicare or other insurance will reimburse some or all of the cost. The Care Manager can tell you more.

“Using a Care Manager has saved us money in several ways,” says Susan. “First, since I bill by the hour in my work, each hour I spend on Mom’s care costs me money. The Care Manager finds better information more quickly and at less cost than I could find it myself,” she says. “In addition, we are able to make better decisions that not only mean better care for Mom, but less wasted money for us.”

## How to start

Once you select a Care Manager (see box on how to choose), the steps are generally:

- Assessment – The Care Manager learns about your situation and what you need.
- Develop Plan – The Care Manager prepares a written plan of care.
- Care Management – The Care Manager helps you implement the plan and monitors how well it is working.
- Reassessment and Plan Update – The Care Manager helps you decide what to do when a new approach is needed.

“Our Care Manager provided the holistic view, when Dad and I were focused on the immediate needs and the current crisis,” says Susan. “It took a lot of stress away when we had a road map of what we should do, and someone we could call if we needed more help. I recommend it to anyone who is caring for an older member of their family.”

Jessica Gill, MPH, CMC, is president of Aging by Design, which provides geriatric care management services. [www.agingbydesign.com](http://www.agingbydesign.com) 770-630-6859

## Call a Care Manager when you or your loved one:

- Need information so you can make good decisions
- Need help to live at home
- Need help finding the right assisted care facility
- Need to connect with nearby resources
- Live far from other family members
- Receive a new diagnosis or enter a new stage

## How to choose a Care Manager

The National Association of Professional Geriatric Care Managers publishes a directory of its members, who must: meet education and experience requirements follow *Standards Of Practice* and a *Pledge Of Ethics & meet continuing education requirements*

Resources:

[www.caremanager.org](http://www.caremanager.org)

[www.caregiver.org](http://www.caregiver.org)

[www.eldercare.gov](http://www.eldercare.gov)

[www.medicare.gov](http://www.medicare.gov)



# Senior Living Options

By Annemarie Schwarzkopf



Recently, there has been a proliferation of senior housing communities. Families have many choices when the need for a senior housing facility arises. With so many new options in senior housing, we would like to take the time to review some of these with our readers.

**Independent Living Communities** - Independent communities cater to seniors who are very independent with few medical problems. Residents live in fully equipped private apartments. A variety of apartment sizes are available from studios to large two bedrooms. Fine dining services are offered with custom-designed meal packages. Often, residents can choose to pay for a specified number of meals per day. Frequently, there are numerous social outings and events to choose from for entertainment.

**Also Known As:** Retirement Communities; Congregate Care; Retirement Living

**Payment Sources:** Mostly private pay; some government funded through Section 202

**Price Range:** \$1000-\$2500 per month

**Assisted Living** - Assisted Living communities are designed for seniors who are no longer able to live on their own safely but do not require the high level of care provided in a nursing home. Assistance with medications, activities of daily living, meals and housekeeping are routinely provided. Three meals per day are provided in a central dining room. Residents live in private apartments that frequently have a limited kitchen area. Staff are available 24 hours per day for additional safety. Most assisted living communities provide licensed nursing services. The hours vary greatly, so be sure to ask when you visit. Social activities and scheduled transportation are also available in most communities. A special unit for Alzheimer's residents is available in some, but not all communities.

**Also Known As:** Assisted Care Community

**Payment Sources:** Mostly private pay; Some take Medicaid

**Price Range:** \$1800 to \$3500 per month depending on the size of apartment and level of assistance required;

**Alzheimer's care ranges from:** \$2800 to \$3800 for a shared suite

**Nursing Homes** - Nursing homes provide around-the-clock skilled nursing care for the frail elderly who require a high level of medical care and assistance. Twenty-four hour skilled nursing services are available from licensed nurses. Many nursing homes now provide short-term rehabilitative stays for those recovering from an injury, illness or surgery. Long-term care residents generally have high care needs and complex medical conditions that require routine skilled nursing services. Residents typically share a room and are served meals in a central dining area unless they are too ill to

participate. Activities are also available. Some facilities have a separate unit for Alzheimer's residents.

**Also Known As:** Convalescent Care; Nursing Center; Long Term Care Facility

**Payment Sources:** Private Pay; Medicare; Medicaid

**Price Range:** \$4000 to \$8000 per month

**Residential Care Homes** - Residential care homes are private homes that typically serve residents who live together and receive care from live-in caretakers. These homes offer assisted care services for seniors who want a more private, home-like community.

Assistance with activities of daily living such as bathing and dressing are typically provided. Amenities and nursing services vary greatly between homes. Ask about their services when you tour.

**Also Known As:** Board and Care Homes; Group Homes; Adult Family Homes

**Payment Sources:** Private Pay; Medicaid (in some instances)

**Price Range:** \$1500 to \$3000 per month depending on the services and level of care provided

**Respite Care** - Respite care provides a temporary break for caregivers by allowing a resident to have a short-term stay in a community that can meet their needs. Many assisted living communities and nursing homes have a respite care program. Residents typically stay from a week to a month, depending on their situation. They receive all of the services of the community. Respite stays may also serve as a "get acquainted" period for the senior. Many residents find that they enjoy their stay and decide to move in soon after the short-term visit. Respite programs are available for assisted living and Alzheimer's residents.

**Also Known As:** Short-Term Stay Programs

**Payment Sources:** Private Pay; Medicaid (in some instances)

**Price Range:** \$75 - \$150 per day

**Home Care** - Home care allows older people to remain in their own homes while receiving the assistance they need to help them remain independent. Typically, home care involves providing assistance with Activities of Daily Living (ADLs) such as bathing, dressing and meal preparation or Instrumental Activities of Daily Living (IADLs) such as transportation, paying bills, making appointments and simply being there to provide companionship and emotional support. Home care services range from once a week to 24 hours a day depending on the needs of the client.

**Also Known As:** Home Health Care; In-Home Personal Care

**Payment Sources:** Private Pay; Medicare/Medicaid via certified home health agencies

**Price Range:** Typically an hourly fee