



HELP AT HOME

One of the keys to successful aging in place is having the right people on your support team. It recently occurred to me that at PSRC, we know many professionals who provide a wide array of services, but that a person who doesn't do this work every day does not know they exist or is faced with a bewildering collection of titles. Many give up because it feels too daunting to begin to sort out.

This month, we offer a guide to some of the people who can help you. We also urge you to make an appointment with one of us, the PSRC care coordinators, to review your needs, create a plan and help you connect with the right professionals.

Geriatric Care Manager—Often a nurse or social worker, a GCM will be your care coordinator, identifying what you need and linking you to needed services. A GCM will be your advocate and communicate with others on your team. This is especially helpful if there are no family members nearby to play this role.

Discharge Planner—If you are hospitalized and need to move to rehabilitation or have home care, this person (often a nurse) will help make those arrangements, as well as review medications and plans for follow up care.

Home Visit Professionals—Following a hospitalization, you may be treated at home by a physical therapist, occupational therapist, social worker, or nurse through a Medicare approved home care organization. You can choose to continue these services after the initial covered period if you pay out-of-pocket or with long term care insurance. There are also many professionals who will make home visits for those who cannot leave home, including primary care physicians, counselor/therapists, massage therapists, hairdressers, trainers and yoga coaches and more. Hospice care is designed to be provided primarily at home when a person is nearing the end of life. It includes services from a nurse, social worker, home health aides, chaplain, physician and others.

Home Health Care—Home health aides and companions help with cooking, shopping and companionship. Home health aides also assist with personal care such as bathing and dressing.

Visiting Nurse—Nurses can come in to care for medical needs such as wound care or periodically set up medication boxes. Certified Aging in Place Specialist – Provides advice on

home modifications that can make your home safer for you as you age. Some contractors have achieved this certification, others will create a plan and coordinate the contractors.

Certified Senior Advisor – Provides guidance on selecting the right senior living community for you.

Professional Organizer-- Can help you downsize, organize, determine what to discard.

Bookkeeper/Paperwork Manager—Will help you keep track of and pay bills and manage your paperwork.

Lawncare, Housekeeper, Handyman—Consider hiring these folks to keep your home and yard in shape.

Volunteers—PSRC HomeFriend volunteers stop in for a weekly friendly visit or other defined task.

Crosstown—door to door car service for rides within Princeton when you no longer drive.

Meals--From weekday hot lunch to food delivery to private meal preparation services, there are options when it is hard to cook for yourself.

Family, friends, neighbors, faith and other communities—Most important of all are these faith and other communities (such as Community Without Walls) that coordinate care, provide transportation and meals, and do the many other things that make it possible for you to remain at home.

You can see that there are a wide range of resources to support aging in place. Please set up a meeting with one of us to help you create a plan and connect to the best resources to meet your needs.

Susan W. Hoskins, LCSW

Sharon Hurley, CVA

Dave Roussell, MSW PSRC's

Support & Guidance Services Team