

Elder Care Series



Health Care
Facilitator



GUIDE TO ELDER CARE RESOURCES

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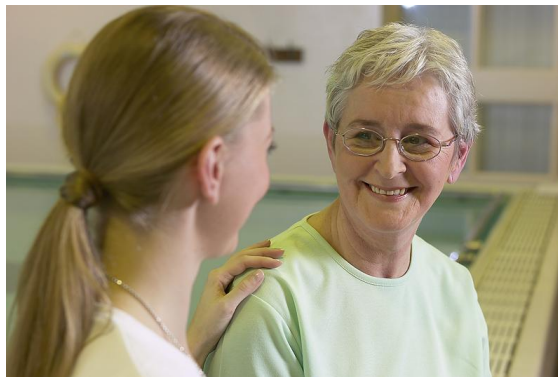




Elder Care Resources

Caregiving Information and Support

Caring for the people that once looked out for you is one tough job. At various times, you'll have to act as an elder advocate, financial expert, nurse, doctor, housekeeper, cook and personal assistant. In addition to all this, you're still the child to your parents.



Just remember to take care of yourself first and maintain your sense of humor, and remember you're not alone. Nearly one in four American households includes someone who provides care for an aging parent, older relative or friend.

Many have discovered that having a plan in place before its needed makes everything easier. If you wait for a crisis to force a quick decision, your options may be limited.

You might want to seek assistance from a case manager, referral service or similar professionals. It's best if your care recipient participated in development of a plan, maintaining as much control as feasible. The goal is for your care recipient to remain as independent as possible for as long as possible.

It's also a good idea to include other members of your family in the planning process. Doing so will help to avoid communication problems and conflicts later. Family conferences are the place to emphasize the need for flexibility, cooperation and shared responsibility.



Needs Assessment

The first step in developing an effective eldercare plan is determining the scope of the needs of the care recipient. Keep in mind that needs assessment is not a one-time deal; the situation is bound to change.

Professional help is available from case or care managers, who visit with you and the care recipient, help assess the need for outside services, and then recommend appropriate services. The best professionals can answer questions ranging from the effects of disease to insurance payments. Some case managers also make the initial contact with providers, coordinate services, monitor them periodically, and provide counseling. Fees vary.

Others with skill and experience in eldercare management include hospital discharge planners, social workers, physicians, nurses and clergy.

Be sure to research programs that might be available through hospitals, skilled-nursing facilities, churches and government-related agencies, such as the County of Orange Office on Aging.

Planning for Care

Once the care recipient's needs are assessed, it's time to look at options available to meet those needs. Talk with family members and close friends about what they

might be able to contribute toward the caregiving effort: time, skills, space, equipment, money and moral support.

You can't do it alone; no one can. It's important to define the tasks and agree upon them in advance to avoid difficulties later. Perhaps one person can prepare meals, one can do the yardwork, one can provide beauty treatments and manicures, and another can provide transportation. Other tasks you might want to divvy up: making home repairs, cleaning the house, paying bills, balancing the checkbook, coordinating healthcare, and filling out tax forms.

Someone needs to gather basic information on the care recipient, as healthcare professionals will need this information. Include the Social Security number, Medicare ID number, insurance policies and numbers, doctors' names and numbers, medications, allergies, family medical history, and lifestyle information (smoking, caffeine, alcohol, and sleep patterns).

Keep the information handy in a wallet or on the refrigerator door. You can request a free "Vial of Life" magnetic container from **Project Care (800-510-2020)** for storing this information.

Once family and friends choose their responsibilities, you can tap into community resources to fill the eldercare gaps.



Support Groups

Besides the practical help, you will need all the emotional support you can muster.

Caregiver support groups are an ideal place to share your concerns and feelings with others who understand and can offer solution options and moral support.

How do you get Mom to go for a thorough examination when she refuses, because she doesn't see a problem? How do you convince your parent to give up driving? What if Dad insists he doesn't need a wheelchair when he falls at least once a day? What if parents won't share their personal financial matters?

Getting parents to realize their increasing physical and mental limitations is a particularly thorny problem for families.

Care giving is stressful and probably one of the most difficult jobs you've ever had. The common desire to do everything you can for your loved one often leads to physical and emotional exhaustion. Financial and social stresses also take their toll.

It's imperative that you take good care of yourself or you'll become ill and unable to provide help.

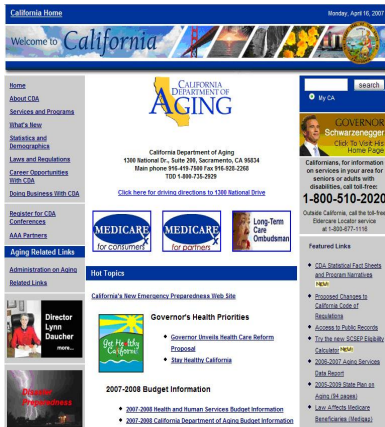
Most support groups are free or low cost and are led by a healthcare professional. For disease-specific support groups, contact the **Southern Caregiver Resource Center (800) 827-1008 for referral to a group in your area. Caregivers also can call information and assistance hotlines sponsored by local hospitals and nonprofits.**

Remember, though it might not always feel like it, providing care for an aging parent can be extremely rewarding. It can bring you closer than you've ever been before.



So, cherish the moments of joy. And don't forget to laugh with your loved one, for without laughter, aging is no laughing matter.

State and Local Services

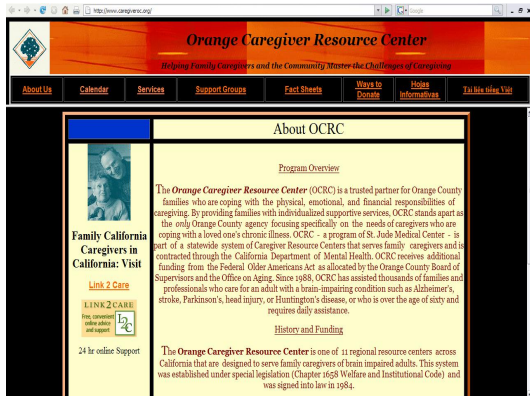


[California Department of Aging](#)- As a part of the California Health and Human Services Agency, the Department of Aging administers Older Americans Act programs for supportive services, in-home services, congregate and home-delivered meals, community service employment, health insurance counseling, and Alzheimer s and Adult Day care services.

[California Caregiver Resource Centers](#)- A listing of Caregiver Resource Centers throughout the state providing free or low cost services to caregiving families including:

Specialized Information	Support Groups
Family Consultations & Care Planning	
Legal & Financial Consultation	
Respite Care	Education
Counseling	Professional Training





[Orange Caregiver Resources Center](#)-The Orange Caregiver Resource Center (OCRC) is a trusted partner for Orange County families who are coping with the physical, emotional, and financial responsibilities of caregiving. By providing families with individualized supportive services, OCRC stands apart as the *only* Orange County agency focusing specifically on the needs of caregivers who are coping with a loved one's chronic illness.

[Orange County Office on Aging](#)-The Orange County Office on Aging serves as the lead advocate, planner and facilitator relative to all aging issues on behalf of all older persons in Orange County. Together with our partners, the Office on Aging provides a full range of older adult services which are listed throughout the website, including information and assistance on programs and services available for older adults and their caregivers





Other Resources (courtesy of Orange County Office on Aging)

[B](#)[C](#)[D](#)[E](#)[F](#)[G](#)[H](#)[I](#)[J](#)[L](#)[M](#)[N](#)[O](#)[P](#)[R](#)[S](#)[T](#)[U](#)[V](#)

A

[AARP – American Association Of Retired Persons](#)

[Administration on Aging](#)

[Adult Day Health Care/Adult Day Centers](#)

[Adult Protective Services](#)

[Adult Services and Assistance Programs](#)

[Agency on Aging - National Aging Information Center](#)

[Aging Network Resource Information](#)

[Aging With Dignity](#)

[Alliance for Aging Research](#)

[ALS - World Federation of Neurology Amyotrophic Lateral Sclerosis](#)

[Alzheimer's Association](#)

[American Academy of Neurology](#)

[American Association of Homes and Services for the Aging](#)

[American Bar Association -](#)

[Commission on Legal Problems of the Elderly](#)

[American Brain Tumor Association](#)

[American Society on Aging](#)

[Asian American Senior Citizens Service Center](#)

[Association for Gerontology in Higher Education](#)

B

**[Benefits Checkup -
A Service of the National Council on Aging](#)**
[Braille and Talking Books](#)
[Brain Injury Association](#)
[Brain Injury Network](#)
**[Brown Bag Program -
Second Harvest Food Bank of Orange County](#)**

C

[California Assembly Committee on Aging and Long-Term Care](#)
[California Assisted Living Association](#)
[California Department of Aging](#)
[California Department of Alcohol and Drug Programs](#)
[California Department of Health Services \(DHS\)](#)
[California Department of Finance](#)
[California Department of Managed Health Care](#)
[California Department of Rehabilitation](#)
[California Department of Social Services \(DSS\)](#)
**[California Health Advocates
\(California HICAP Association\)](#)**
**[California Health and Human Services Agency
\(CHHS\)](#)**
[California HealthCare Foundation](#)
[California Medicare HMOs \(a guide\)](#)
**[California Healthline
\(email subscription required\)](#)**
[California HICAP Association](#)
**[California Legislative Counsel site -
Daily updates of Assembly and Senate Bills](#)**
[California Managed Risk Medical Insurance Board](#)
[CalOptima](#)

[California Strategic Planning on Aging white papers \(SB 910\)](#)
[CANHR - California Advocates for Nursing Home Reform](#)
[Caring Connections - Orange County](#)
[Center for an Accessible Society](#)
[Center for Demographic Research – California State University Fullerton](#)
[Center for Healthy Aging](#)
[Center for Neurologic Study](#)
[Centers for Disease Control and Prevention](#)
[Centers for Medicare & Medicaid Services \(CMS\)](#)
[California Health Advocates](#)
Chemo Care
[Children of Aging Parents](#)
[Clinical Trials.gov](#)
[Council on Aging – Orange County](#)

D

[Diabetes Education](#)
[Disability Info](#)
[Disabled Transportation OCTA-ACCESS](#)

E

[Elder Care Online](#)
[Eldercare Locator- Connecting You to Community Services](#)
[Elderweb](#)
[Epilepsy Foundation of America](#)

F

[Families USA](#)
[Family Caregiver Alliance](#)
[FAST -](#)
[Orange County Financial Abuse Specialist Team-Orange County](#)
[Federal Administration on Aging](#)
[Federal Consumer Information - Multilingual](#)

[Federal Interagency Forum on Aging Related Statistics](#)
[Feedback Foundation -](#)
[Orange County Senior Citizens](#)
[FirstGov for Seniors](#)
Food and Nutrition Information Center

G

[Gerontological Society of America](#)
[Gray Panthers](#)

H

[Health & Age –](#)
[Novartis Foundation For Gerontology](#)
[Health Care Council of Orange](#)
[Health Insurance and Advocacy Program Contact Listing](#)
[Health Insurance Counseling and Advocacy Program-HICAP](#)
[HMO/Medicare Problems](#)
[Housing Assistance](#)
[Housing: Non-profit housing and services for seniors](#)
[HUD Senior Citizens](#)
[Huntington Disease Society of America \(ASA\)](#)

L

[LAFCO Orange County](#)
[Linkages](#)
[Living To 100 Life Expectancy Calculator](#)
[Long-Term Care Ombudsman](#)

M

[Medical Board of California](#)
[Medicare - Official US Government Site](#)
Medicare Prescription Drug Coverage Benefit
[Medicare Rights Center](#)
[Medications Via The Web](#)

[Modern Maturity](#)
[Monarch HealthCare Medical Group](#)

N

[National Academy of Elder Law Attorneys](#)
[National Adult Day Services Association](#)
[National Asian Pacific Center on Aging](#)
[National Alliance for Caregiving](#)
[National Association of Area Agencies on Aging \(N4A\)](#)
[National Association of Older Worker Employment Services - Maturity Works Program](#)
[National Association of State Units on Aging](#)
[National Brain Tumor Foundation](#)
[National Cancer Institute - National Institutes of Health](#)
[National Caregiver Resource Center Network - Administration on Aging](#)
[National Center for the Dissemination of Disability Research](#)
[National Center on Elder Abuse](#)
[National Center for Health Statistics: Aging](#)
[National Chronic Care Consortium](#)
[National Citizens' Coalition for Nursing Home Reform](#)
[National Coalition of Consumer Organizations](#)
National Council on Aging
[National Family Caregivers Association](#)
[National Fraud Information Center](#)
[National Governor's Association](#)
[National Hispanic Council on Aging](#)
[National Indian Council on Aging](#)
[National Institute on Disability & Rehabilitation Research](#)
[National Institutes of Health \(US Department of Health and Human Services\)](#)
[National Institute of Neurological Disorders and Stroke](#)
[National Institute of Senior Centers](#)
[National Institute on Senior Housing](#)

[National Institute on Aging](#)
[National Institute on Community- Based Long-Term Care](#)
[National Institute on Deafness and Other Communication Disorders](#)
[National Multiple Sclerosis Society](#)
[National Neurofibromatosis Foundation](#)
[National Organization for Rare Disorders](#)
[National Osteoporosis Foundation](#)
[National Parkinson Foundation](#)
[National Resource Center On Native American Aging](#)
[National Senior Citizen's Law Center](#)
[National Spinal Cord Injury Association](#)
[National Stroke Association](#)
[NCCNHR - National Coalition of Concerned Citizens](#)
[NOBLE - Network Outreach Better Living
for the Elderly](#)

O

[Older Women's League](#)
[Office of Statewide Health Planning and Development](#)
[Office on Aging \(formerly Area Agency on Aging\)](#)
[Orange Caregiver Resource Center](#)
[Orange County Californi Government Website](#)
[Orange County Health Needs Assessment](#)
[Orange County Transportation Authority](#)

P

[Parkinson's Information](#)
[Prescription Drug Assistance Program](#)
[Public Policy Institute of California \(Demographic and Economic Trends of
Older Californians\)](#)

R

[RAND](#)

S

[Senate Subcommittee on Aging and Long-Term Care](#)

[Senior Reference Desk](#)

[Senior Counselors Against Medicare Swindlers - SCAMS](#)

[Senior Job Bank](#)

[Senior Legal Advocacy Program](#)

[Senior Meals and Services](#)

[Senior Medi-Benefits](#)

[Ship Resource Center -](#)

[State Health Insurance Assistance Program](#)

[Social Security Administration](#)

[Society for Disability Studies](#)

[Society for Neuroscience](#)

[South County Senior Services](#)

[Southern California Association of Governments](#)

T

[TRICARE: Department of Defense Wraparound coverage](#)

U

[United Cerebral Palsy Associated](#)

[United Nations: Policies and Programmes on Ageing](#)

[US Census Bureau](#)

[US Senate Special Committee on Aging](#)

V

[Vestibular Disorders Association](#)

[Vietnamese Community of Orange County](#)

[Volunteer Center of Orange County](#)

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EVERYTHING MY LOVED ONES NEED TO KNOW ABOUT ME

This document is provided as a public service for older adults, persons with disabilities, and their caregivers by:



Office on Aging
1300 S. Grand Avenue, Building B
Santa Ana, CA 92705
1-800-510-2020
www.officeonaging.ocgov.com

Completed/Updated on this date: _____

(Most recent date applies)

By: _____

(Print complete name clearly)

My Legal Residence: _____ Apt. # _____

City _____ State _____ Zip _____

Phone (____) _____ Alternate/Cell (____) _____

The person (nearby) who knows where to find
and has access to my important papers is:

He/She can be located here: _____

Phone numbers: _____

My important papers are located here:

Safe Deposit Box: # _____

Bank/Branch: _____

Key is located here: _____

Authorized signer(s): _____

Other location: _____

PERSONAL DATA

(These are required for insurance purposes, social security, pensions, and in other cases where legal proof of age, relationships, or birthplace is required.)

Date of Birth: _____

City: _____

County: _____

State: _____

My birth certificate is located here:

If a citizen of another country:

Country: _____

Date entered the USA: _____

Citizenship papers are located here:

MARRIAGE

(If married more than once, use additional page)

I am currently married: Yes No

Married to: _____

Date: From _____ To _____

Place: _____

Marriage records located at:

If widowed:

The deceased's name: _____

Date of death: _____ Cause: _____

If divorced or separated:

I was divorced I was legally separated

Name of partner: _____

Date of marriage: _____

Date of dissolution: _____

City: _____

State: _____

CHILDREN List name (Maiden name), and birthdates)

PARENTS

Father: _____

Date of Birth: _____ Date of Death: _____

Burial site: _____

Mother: _____

Date of Birth: _____ Date of Death: _____

Burial site: _____

WHAT I OWN

CHECKING AND SAVINGS ACCOUNTS

Names on checking account:

Bank: _____

Person who has account number:

Names on savings account:

Bank: _____

Person who has account number:

Names of anyone else who has power to sign checks:

Names on additional accounts:

Bank: _____

ATM card or passbook location: _____

Person who knows password/ID:

REAL ESTATE

(If more than one, attach information)

I do do not own real estate

Co-owner (if applicable): _____

Address (if not the same as your residence):

Mortgage is held by: _____

Taxes are paid on this property until:

The deed, tax, and mortgage documents are located:

STOCKS and BONDS and ANNUITIES

I do do not own stocks and/or bonds

An updated list of all my stocks/bonds and their numbers and beneficiaries can be found here:

Certificates are located here: _____

I do do not have a brokerage account

If so, my broker can be contacted here:

Name: _____

Firm: _____

Phone: (_____) _____

I have these securities pledged for loans:

Information on these can be found here:

WHAT I OWN, continued...

CAR(S) make, model, year

Location of pink slip(s):

JOINT OWNERSHIP

I do do not own any property jointly.
If so, partner information can be found here:

LIFE INSURANCE

I do do not have life insurance on:

Complete itemized list and policies can be found:

My principal insurance broker is:

Name (company)

Phone (_____) _____

I do do not have annuities

Location of my annuity contracts: _____

MEDICAL and LONG TERM INSURANCE

I am covered not covered by Medicare

Part A Part B Medi-Medi

I am in this HMO: _____

HMO contact phone: (_____) _____

My primary physician is: _____

Phone: (_____) _____

Additional medical, long-term care, supplemental
or corporate insurance policy issuers:

Location of insurance policies:

TRUST FUNDS

I have created a trust fund to care for:

Lawyer who drew up trust:

Trust agreement is located:

MILITARY SERVICE (Complete if applicable)

Branch of service: _____

Discharge Date: _____

Discharge Type: _____

Highest Rank/Grade: _____

Military Serial Number: _____

Veterans claim number: _____

Service connected disabilities and %:

Describe where or how injuries occurred:

Military discharge papers are located:

FINANCIAL MATTERS

EMPLOYMENT

My present employer is: _____

Address: _____

Phone: (_____) _____

Fax: (_____) _____

Date started: _____

Supervisor: _____

Social Security card is located: _____

I am eligible for the following pension, profit sharing, or benefit plans:
(include necessary information)

I am was never was part of a Union

Union name and how to contact:

PERSONAL PROPERTY

All of my personal property, including real estate, furnishing, vehicles, and heirlooms are itemized and assigned in my will.

MISCELLANEOUS ASSETS

I have _____ have not _____ these additional assets:

- Fraternal and benevolent memberships
 - Royalty rights or patents
 - Debts due me
 - Others _____
- _____

You can find documents pertaining to these here:

CREDIT CARDS

I possess the following credit cards:

TAX RECORDS and RETURNS

Copies of this year's and previous years' tax returns are located here: _____

BURIAL (You need to complete if not in your will)

I wish do not wish to be buried.

I do do not own a burial plot.

Cemetery name: _____

Location of deed: _____

There is is not provision for perpetual care

I prefer to be buried here: (No contract signed)

I wish for cremation or other disposition of my body. Specify:

RELIGIOUS AFFILIATION

Church or temple: _____

Address: _____

Clergy member: _____

Phone: (____) _____

MY WILL

My will is the document that assures that, when I die, my property is distributed as I wish – otherwise the state will do so according to state laws. Please be sure that my last will (and any revisions) are honored.

Original executed copy of my will (and any codicil (revision) is located:

The attorney who drew it up is:

Name: _____

City: _____

Phone: (_____) _____

Name of Executor: _____

Where to reach executor:

Phone: (_____) _____

Witnesses to Will:

1. _____

Reachable at: _____

2. _____

Reachable at: _____

I have a "Living Will:

Yes No

If so, it is located here:

I have a Durable Power of Attorney (Financial)

Yes No

If so, it is located here:

The Attorney who drew this document up:

Phone: (_____) _____

I have an Advance Health Care Directive
(Durable Power of Attorney for Health Care)

Yes No

If so copies are located here:

