



LIVING AT HOME SENIOR CARE Newsletter

Www.lahseniorcare.com

603-546-6060



Living At Home SeniorCare is a NH State Licensed Home Health Care Provider.

Living at Home SeniorCare was established to help the elderly and disabled remain safe and cared for in the comfort of their own homes. We also provide respite for family members faced with the challenge of caring for elderly loved ones. Now in our fifth year, we have delivered home care services to over 450 clients.

Home Care services include personal care, homemaking, dementia care, transportation, meal preparation, medication management, skilled nursing assessments & more.

For more information about how our services can help provide peace of mind to families and their loved ones, please call 603-546-6060 or visit our website at www.lahseniorcare.com

We are a proud member of "The Senior's Choice," The Home Care Association of New Hampshire and S.A.F.E. www.safenh.org

"Welcome Home Program"

Take the worry out of who will take care of you upon discharge from the hospital. Let the professionally trained caregivers from Living At Home SeniorCare assist you in getting home, and getting comfortably and confidently settled in.

What is the "Welcome Home Program?" Simply stated, it's a drive home from the hospital (outpatient surgery, doctor's office, chemotherapy, etc.) plus caregiver services for a fixed price of \$149 (a total of 6 hours.) If personal care assistance is required, a Nursing Assessment must be performed prior to service, according to NH State Law. *

We realize that there are many folks who may need a medical procedure which will temporarily prevent them from being able to drive and may hamper their ability to care for themselves once they get home for a short period of time. I remember my own colonoscopy procedure! Smile; if you are over age 50, then you'll soon experience this for yourself. My doctor informed me that I would be in no shape to drive home, that I would have to arrange for transportation. Luckily, a family member was able to take me to and from the hospital as well as make me some lunch and tuck me into bed for a long nap. I was glad that I didn't let my independent French nature overrule my willingness to follow Doctor's orders! I would have been in no shape to care for myself or drive an automobile.

That's exactly the scenario we anticipate with the "Welcome Home Program." We provide a qualified caregiver to pick you up when your procedure has been completed. The care giver can do the following to help you become comfortably settled into your home:

- Shopping
- Light housekeeping
- Medication reminders
- Incidental transportation
- Other reasonable tasks as requested
- Meal preparation & clean up
- Errands
- Assistance with bathing & grooming
- Making sure you are ok to be alone

Our caregivers are also available for additional services after that time. Let us help you enhance the quality of your life by assisting with the things that aren't as easy as they used to be, especially the days after a medical procedure!

*** Residents of outlying areas may incur a mileage fee.**

Paying For Services

Payment options for long term home care

Our goal is help you or your loved ones remain independent at home for as long as possible. For many families, the ability to afford Home Care is an important consideration. Although the majority of expenses for our services are “out of pocket” or private pay, there are sources of funding that cover directly or indirectly, the cost of home care. There are a number of ways our client/patients are paying for home care services that may be available to you. Here are a few of them:

- **Long term care insurance-** The catch 22 here is that if you already need home care services, you probably do not qualify for a policy. Nevertheless, it has fast become a popular method for covering long term care expenses. There may be tax benefits associated with an LTC policy. Recent changes allow consumers to protect a portion of their assets they would typically need to spend down for Medicaid eligibility. If you want to explore this option we're happy to provide a referral or two.
- **Reverse Mortgages-** have become a popular way for seniors to access the equity in their homes. The cash you received from a reverse mortgage can be used for any number of purposes and several of our clients are paying for care through a reverse mortgage. The amount of payment you receive depends on a factors such as your age, amount of equity of the home and prevailing interest rates. The home must be owner occupied (with a few exceptions) to continue receiving payments. Reverse Mortgages are a federally regulated loan.
- **VA Home Aide and Attendance Services Grant-** If you are a veteran and served during a defined period of war (declared or undeclared) and are receiving or expect to receive home care you owe it to yourself to investigate this often overlooked benefit. A surviving spouse may also qualify for this pension. This benefit can pay up to \$18, 234 for a veteran plus additional \$\$ for dependents.
- **The Dept of Veterans Affairs-** has a program for Veterans that pays contracted Home Care companies directly for Home Health Aide and Homemaker services veterans receive. The veteran must qualify medically and there are limitations to the number of care hours allotted. Living at Home SeniorCare has a contract with the VA to provide this service and is pleased to make our home care services available to a growing number of veterans.
- **Respite Grants-** The state of NH through the Family Caregiver Support Program provides grants to caregivers for the purpose of providing caregivers a break from care giving responsibilities. To those that qualify, an amount up to \$2000 per year may be awarded. The award must be used in a defined period, typically 3 months. Now is great time to apply for this grant as funds are available July 1.
- **Alzheimer Grants-** This grant is administered through Home Health & Hospice and is available for individuals caring for family members diagnosed with Alzheimer Disease.
- **New Hampshire-** has a Medicaid program called **Choices for Independence (formerly HCBC)**, that pays for Home Care. Eligibility is based on financial and health circumstances. Even with it's restrictions this is becoming a very popular way to afford in home care and highly preferred alternative to nursing home admissions.

Exercise May be Helpful in Fall Prevention

How can I find an exercise class that my parents will like?

Barring a doctor's restrictions, an exercise class can be a great way to improve your parents' health. A good exercise class will help build their strength and flexibility, and improve their balance so they're less inclined to fall. Key to getting them started is finding the right class. Older people worry that they'll end up in a class of 20-year-olds jumping around in spandex, according to findings by a study of participants in a fall prevention program designed by the Washington State Department of Health. Researchers also found that older people, like any age group, want to go to an exercise class that's fun.

Researchers also learned that older people are more inclined to return to a class if they feel confident that the instructor knows how to work with their age group. "They have to hear from the instructor that they can work at their own pace, and be told that if something hurts, don't do it," says Sally York, MN, RNC, the interim director of the Northwest Orthopedic Institute, one of the study sites in Tacoma, Washington.

York and her colleagues also found that older parents, much like their children, can be competitive. "They wouldn't go back to a class after taking a break for a health condition, because they were embarrassed that they couldn't keep up with the class," says York. This is a good reason your parents should look for a class where instructors are trained to encourage participants to return and not feel disheartened that they're not caught up. Equally important, says York, older people who've missed exercise classes need to start out slowly and build up their strength again.

How can I find a class that will be safe for my parents?

The best bet is to look for classes offered by hospitals with rehabilitation centers. Search out facilities affiliated with your area's department of public health, agency on aging, or organizations like the Arthritis Foundation that serve older adults. One instructor to 20 students is an ideal ratio, according to the Arthritis Foundation, unless there are assistants to help students.

Prior to the start of class, the instructor should ask about your parents' health history, and should be able to modify exercises to accommodate their needs, according to Lisa Cyril, the acting chief for the California Center for Physical Activity, located in Sacramento, California. "You should find out from the instructor if she's trained specifically to work with an older population," says Cyril, who was an investigator on a five-year study of fall prevention programs in California that serve 7,000 older adults. Cyril believes that once you've found the right class, you'll see improvements. "We had classes with very frail older adults who couldn't go to the restroom without an attendant," she explains, and they no longer needed help. In fact, the more weak and out of shape someone is, says Cyril, "the quicker his or her response to exercise."

(Exercise Classes Can Be Helpful in Fall Prevention, continued from page 3)

What kind of exercise classes can help reduce my parents' risk of falling?

Many organizations and senior centers offer exercise classes that can help keep your parents steadier on their feet. The Arthritis Foundation, with chapters around the country, offers a variety of classes, and they're not only for people with arthritis. Classes are an hour long, can be done sitting down or standing, and have a changing repertoire of 72 approved exercises, says Kathy Schmidt, a teacher trainer with the Arthritis Foundation. The classes include joint warm-up exercises, endurance, balancing, and bone-strengthening exercises, like walking or marching in place. And if someone can't do an exercise, instructors are quick to come up with an option. "If a participant can't put her hands on her head for an exercise, we might have her do shoulder rotations as one alternative," says Schmidt.

Here are some local resources you may want to take into consideration:

The Nashua Senior Activity Center at 70 temple street, Nashua, NH 03060 phone (603) 889-6155 **Senior Center Fitness Room** has *nine* different machines to work out on. If you are interested in the free exercise room, **available to current members ONLY**, call to register. Regular scheduled classes include: "Aerobics," "Tai Chi," "Yoga," "Pilates," "Walk to a Healthier, Happier You!"

Southern NH Medical Center sponsors a program called Strength and Balance for Seniors. This eight-week program meets twice a week for an hour of exercise to help increase energy level, improve flexibility and strength, and to improve balance to prevent falls. **Call 577-2255 to register. Date and Time:** Wednesdays & Fridays, 10:30 - 11:30 AM. **Fee:** \$60 /55PLUS members (\$65 /nonmembers)

St. Joseph Hospital sponsors **Fit and Young for Life**, a program especially for older adults running continuously at several locations including Milette Manor, Wentworth Manor, and at the Hospital in Nashua. The focus is on Balance, Flexibility, and Strength. Strength training using ankle weights, dumbbells, and the body's own weight helps to build stronger muscles and bones. Balance exercises are performed to enhance agility and decrease the likelihood of falls, and flexibility exercises enhance joint mobility and reduce the risk of injury. Exercising in a small group also provides important social contact for older adults and is a key component of the program. New sessions start in September. Call St. Joseph Community Health Education at 595-3968 to register for all programs.

Sources

F. Li, P. Harmer, et al. "Tai Chi and fall reductions in older adults: a randomized controlled trial." *Journal of Gerontology Series A, Biological Sciences and Medical Sciences*, 2005.