



# Managing Eldercare

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[www.DALRCBenefitPlans.com](http://www.DALRCBenefitPlans.com)

## Top 10 Ways to Manage Eldercare

It's estimated that 34 million Americans serve as unpaid caregivers for other adults, usually elderly relatives. Caring for elderly parents can threaten the emotional and physical health of caregivers and their families. When providing elder care, you should:

- 1. Know what to expect.** Understanding common progressive conditions, such as Alzheimer's disease, is crucial. Close communication with doctors can help you better plan for caregiving needs. *(U.S. Department of Health and Human Services)*
- 2. Carefully review Medicare and supplemental insurance.** Be sure that medications, long-term care and other needs are all covered. *[National Alliance for Caregiving (NAC)]*
- 3. Keep current records.** An online personal health record can help track medical history, medications, etc. *(NAC)*
- 4. Expect "live-in" adjustments.** Be prepared for readjustments in mealtimes and sleep schedules, and to experience a "role reversal" in your relationship. *[Family Caregivers Alliance (FCA)]*
- 5. Hold a family meeting.** A social worker or other facilitator can help with difficult issues, such as placement in assisted living or a skilled nursing facility. *(FCA)*
- 6. Make a hospital discharge plan.** If you can't care for your loved one at home, a hospital discharge planner can help with transferring to a rehabilitation facility or nursing home, or with setting up in-home care. *(FCA)*
- 7. Discuss advance directives.** A power of attorney for healthcare (DPAHC) document allows your parent to designate another person to make financial or medical decisions. *(FCA)*
- 8. Take care of YOU.** Caregivers can be more prone to stress, depression, colds and serious illnesses. Keep up with your own doctor visits. *(NFCA)*
- 9. Get support for yourself.** Local organizations may offer adult day care, emergency respite and support groups. *(National Family Caregiver Support Program)*
- 10. Investigate eldercare products.** Work with the case manager and/or insurance company to locate emergency call buttons, stair chair lifts, electric scooters, etc. *(Foundation for Health in Aging)*

## Health Advocate Can Help You...

Health Advocate™, a benefit provided to you as a DALRC Retiree Benefit Trust Medical Plan Member, is available to assist you with your clinical and insurance issues.

### This service can:

- Clarify geriatric conditions
- Locate a full range of eldercare services
- Help you coordinate care
- And more!

Your assigned Personal Health Advocate, typically a registered nurse supported by medical directors and benefits and claims specialists, will work on your issue, no matter how long it takes. The Health Advocate service covers you, your spouse, dependent children, parents and parents-in-law.

## Contact Health Advocate Any Time



**Call: 1.877. 325.7265 toll-free and Press "1" for Health Advocate.**



**Email: [answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)  
Web: [www.HealthAdvocate.com/members](http://www.HealthAdvocate.com/members)**

Health Advocate's normal business hours are 8 a.m. to 9 p.m. Eastern Standard Time, Monday through Friday. After hours and during weekends, the Health Advocate staff is available for assistance with issues that need to be addressed during non-business hours.

**Independent. Confidential. Convenient.** Health Advocate is not affiliated with any insurance or third party vendor. Health Advocate does not replace health insurance coverage, provide medical care or recommend treatment.

