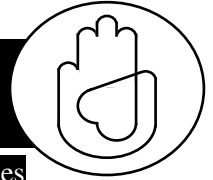


# ELDERCARE UPDATE



Partnership for Eldercare Partnering: with Con Edison to help you with the needs of aging loved ones  
Fall 2007

## Buzz Words for Boomers

Log onto your computer. Open a newspaper. Turn on your T.V. You are sure to find yourself bombarded with terms such as “eldercare,” caregiver,” sandwich generation,” etc. and you wonder, “What do these mean? How do they relate to me?”

Here is **Partnership for Eldercare’s TOP 10 LIST OF BUZZ WORDS** so that you and your fellow employees will be “in the know” about some of the hot topics of aging that are only continuing to grow in their importance as we, and everyone around us, ages. These are just a few of the many important terms that you need to familiarize yourself with as you and your family embark on your quite rewarding and rather challenging journey through the aging process.

<b>ELDERCARE:</b> social and medical programs and facilities intended for the care and maintenance of the aged.	<b>ASSISTED LIVING FACILITY:</b> an elderly residence which combines meals, activities, social supports and home healthcare.
<b>CAREGIVER:</b> a person -- either paid or voluntary -- who helps an older person with the activities of daily living, healthcare, financial matters, guidance, companionship and/or social interaction.	<b>HOME HEALTHCARE:</b> a wide variety of services provided to older, disabled and/or convalescent persons who require some assistance in meeting their needs at home.
<b>SANDWICH GENERATION:</b> those “sandwiched” between the needs of their dependent children and aging parents who require caregiving support. This often adds additional stress to the work-life balance.	<b>ADULT DAYCARE:</b> day programs that provide social, recreational and some medical services to mentally or physically frail adults in a community setting.
<b>MEDICARE:</b> a national health insurance plan for people over 65 and for some disabled people under 65. It includes three parts: Part A covers hospital costs and some skilled nursing care; Part B covers a portion of the physician’s fee as well as various types of therapy; Part D covers a portion of the cost of prescription drugs. <i>Note: Medicare only provides coverage for acute care, NOT long- term or chronic care.</i>	<b>ADVANCE DIRECTIVES:</b> verbal or written instructions expressing one’s wishes about medical treatment in case of a future illness or injury causing mental incapacity. Examples are: healthcare proxies, living wills and do not resuscitate (DNR) orders. There are many good resources with examples of the different types of advance directives. Please see a few selected websites at the bottom of this page.
<b>LONG -TERM CARE:</b> medical and social care given to individuals who have severe, chronic impairments. Long -term care can consist of care in the home by family members, assistance through voluntary or employed help, or care in nursing facilities.	<b>SUB-ACUTE CARE:</b> a level of care that falls between acute care (usually provided in a hospital) and skilled nursing care (usually provided in a nursing home). It is generally short term, 15-100 days, and covered by Medicare.

## More on Advance Directives

Sometimes decisions about medical treatments must be made when a loved one is too sick or unable to express their own wishes. A serious illness can cloud thinking, as may the medicines used to treat the illness. This could happen with Alzheimer's disease, terminal illness or coma, or after surgery or a stroke. When people are dying, there is often a point when they are no longer able to make their own medical decisions. Making medical decisions for someone else can be difficult. Family members may disagree with one another or with the doctor. They may not understand the patient's condition or they may not be sure what the patient would want.

Healthcare Proxy forms and Living Wills are two of the most common forms of advance directives. They are also legal documents that allow people to state what they would want done medically in the case of a terminal illness or in the event of a coma or stroke. These forms can make it easier for family and friends to make medical decisions when the person can no longer do so. They help the doctor recommend treatments that match the patient's wishes.

### Advance directives on-line resources:

<http://www.abanet.org/aging/toolkit/home.html>  
<http://www.montefiore.org/guide/proxy/>  
<http://www.uslwr.com/default.asp>  
[http://en.wikipedia.org/wiki/Living\\_will](http://en.wikipedia.org/wiki/Living_will)  
<http://www.nlm.nih.gov/medlineplus/advancedirectives.html>



**PARTNERSHIP FOR ELDERCARE will prepare a list of community resources and referrals to elder law attorneys, provide tips for discussion and advance directives, and lend support to the concerned caregiver.**

### CALL US:

**212-442-3113 or 1-800-94-ELDER**

# Sample Wallet-Size Healthcare Proxy

(Cut-out and fold along dotted lines)

		<b>HEALTHCARE PROXY</b>	
		I, _____, of	
		STREET _____	CITY _____ STATE _____
		DAYTIME PHONE _____	EVENING PHONE _____
		<i>hereby appoint _____ of</i>	
		STREET _____	CITY _____ STATE _____
		DAYTIME PHONE _____	EVENING PHONE _____
<div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 0 auto;"> <b>SPECIAL INSTRUCTIONS</b> </div>		<i>as my healthcare agent to make all healthcare decisions for me if I become unable to decide for myself, including decisions about artificial nutrition and hydration.</i>	
<b>HEALTHCARE PROXY</b> for			
_____ NAME <i>distributed by</i>		SIGNATURE (PROXY INITIATOR) _____ DATE _____	
<b>Partnership for Eldercare</b> 2 Lafayette Street, Suite 2100 New York, NY 10007		<i>This proxy was signed in my presence. The signer is known to me and appears to be of sound mind and to act of his/her own free will.</i>	
		WITNESS _____ DATE _____	
<b>FOR MORE INFORMATION, CALL 1-800-94-ELDER</b>		WITNESS _____ DATE _____	