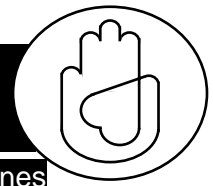


ELDERCARE UPDATE



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

Winter 2007

Home for the Holidays

At Grandma's

Two young boys were visiting their grandparents for the holiday season. At bedtime, the two boys knelt beside their beds to say their prayers when the youngest began praying at the top of his lungs.

"I pray for a new bicycle...I Pray for a new Wii ...I Pray for TiVo..."

His older brother leaned over, nudged the younger one and asked, "Why are you shouting your prayers? God isn't deaf." To which the little brother replied, "No, but Gramma is!"

There are many jokes about the signs of aging. We notice the signs gradually, or they come as a shock when we have not seen an older relative for a while. Holidays are a time when family visits increase with the expectation of joy and celebration. Under the best of circumstances, however, they can add stress to a caregiver's already pressured work/life balance. Early recognition of signs of aging can provide relief by enabling caregivers to take proactive approaches and more appropriately prepare for their loved one's changing needs.

Below are the top 10 signs of aging and things to look for during your next family visit:

Appearance <ul style="list-style-type: none">✓ Are clothes clean?✓ Is wardrobe appropriate to weather conditions?	Hygiene <ul style="list-style-type: none">✓ Do hair, teeth and nails look regularly maintained?
Behavior or Personality Changes <ul style="list-style-type: none">✓ Does s/he seem uncharacteristically irritable or angry?✓ Is s/he maintaining social interests and community involvement?	Confusion or Memory Loss <ul style="list-style-type: none">✓ Is there more frequent repetition in day-to-day conversation?✓ Is s/he getting lost in familiar places?
Depression <ul style="list-style-type: none">✓ Does s/he seem listless or appear unusually passive?✓ Is s/he sleeping too much or not enough?	Weight Changes <ul style="list-style-type: none">✓ Is there obvious weight loss or gain?✓ Has s/he complained about loss of taste or smell?
Lifestyle Changes <ul style="list-style-type: none">✓ Is the refrigerator as full as it normally is?✓ Does food look fresh and unspoiled?✓ Are there changes in home cleanliness?	Financial Management <ul style="list-style-type: none">✓ Are the bills being paid on time?✓ Are unusual transactions appearing in checking or savings accounts?
Family and Friends Voicing Concern <ul style="list-style-type: none">✓ Are friends, family members or others making off-hand remarks about your relative's appearance, condition, or behavior?✓ Are neighbors telling you about an "incident?"	Medication Management <ul style="list-style-type: none">✓ Is s/he taking medications as prescribed at the appropriate times/intervals?✓ Has s/he stopped taking medications due to high cost?

Adult children can often be confused about how to respond to hints that a parent is aging. Talking with a friend or relative about your thoughts is always a good first step. If you still have questions, **Partnership for Eldercare (PFE) is available to support you with individualized guidance, resources and when necessary, to help create an action plan to support both you and your loved one.**

PFE wishes you and your family a happy and healthy holiday season!

PREPARING FOR THE FUTURE:

It's important to know where your aging relative keeps important papers, and how you can contact his/her doctors, lawyers, friends and neighbors who can help down the road. If you are concerned about approaching this matter with your loved one, a trained **Partnership for Eldercare** counselor is available to discuss your situation and guide you through the process. **FOR MORE INFORMATION, CALL 1-800-94-ELDER OR 212-442-3113.**