

Geriatric Care Management: A "One Stop Shop" for Care of a Loved One

by **NANCY WEBRE, Geriatric Care Manager**

Geriatric Care Management is an emerging profession that has quickly proven to be invaluable for families seeking a straightforward solution to care. Geriatric Care Managers provide assistance for families of aging parents who are overwhelmed, worn out and unsure of how to navigate the health and elder care system while trying to provide quality care for their loved ones.

Geriatric Care Managers assist families and their loved ones with decisions connected to aging. This includes assistance with all facets of long term care whether at home, in an assisted living facility, foster home or skilled nursing facility. Geriatric Care Managers coordinate care and services to meet the full social, emotional, physical and healthcare needs of loved ones. These professionals can be particularly helpful to long distance family members and/or caregivers. Geriatric Care Managers can assist in some of the following ways:

Providing an in-person assessment. An assess-

ment allows the care manager to understand needs, customize care plans and provide services specifically to meet a loved one's needs. The assessment may include, but is not limited to an overview of health history, nutritional status, everyday activities, safety issues, cognitive status and finances.

Development of a care plan. This would include the results of the assessment, recommendations and referrals for various community resources.

Arrangement of services. Services to be provided and arranged should be specific to the needs identified in the care plan. These services may include on-going support and advocacy for families, referrals to outside community resources, decisions about housing options, and financial management.

Monitoring needs. Regular monitoring is es-



Nancy Webre

sential once services and arrangements are in place. This should include frequent re-evaluations to closely monitor any changes in care needs.

These professionals are trained and experienced in several fields related to care management with a focus on issues related to aging and elder care. Geriatric Care Managers do not specialize in all areas. To ensure the appropriate care is being provided, it is essential the Ge-

riatric Care Manager is certified and has experience in dealing with your specific needs. Their education and experience may include nursing, gerontology, social work, and psychology.

Interviewing and checking references of a Geriatric Care Manager will guarantee they are committed to maximizing the independence of a loved one and will strive to provide high qual-

ity and cost effective services. When interviewing for a Geriatric Care Manager, it is important to ask the following questions:

- What are your professional credentials? Are you a certified Geriatric Care Manager?
- How long have you been providing care management services?
- Can you provide me with references?
- What is your availability? Are you available in emergency situations?
- How will you communicate information to me?
- What are your fees? How do you charge for your services such as phone calls and care management?

Geriatric Care Managers provide peace of mind for family members and ensure quality of care for loved ones through education, advocacy and high standards of practice.

Questions about Geriatric Care Management services may be addressed to Nancy Webre, MS, CEO, at Evergreen In-Home Care Services, 541-389-0006.



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