

outside in

BRINGING THE OUTSIDE WORLD IN FOR SENIORS IN OUR COMMUNITY

OUR MISSION: "Using primarily volunteers, PeopleCare will assist and support the homebound elderly by providing socialization, emotional support and access to service providers where no one is denied services."

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AGE IS A HIGH
PRICE TO PAY
FOR MATURITY.
- TOM STOPPARD

The Importance of Hospital Discharge Planning

As important as it is to know what to expect when your relative enters the hospital, it is just as essential to know what happens when he or she is ready to leave. When patients return home, it is also the first point at which many family members assume a significant caregiving role. In addition, many family members receive very little information about how to manage the complex care of the patient. The often quick discharge of patients from hospitals places many family care providers at risk and leaves them unprepared for post hospital care.

Discharge planning is defined by Medicare as "A process used to decide what a patient needs for a smooth move from one level of

care to another." Discharge from a hospital does not mean that your relative is fully recovered. It simply means that a physician has determined that her condition is stable and that she does not need hospital-level care.

WHO DOES IT?

Only a physician can authorize a hospital discharge. However, many other people are involved in working out the details of the discharge plan. As the patient's family caregiver, you play a very important role. You have the best understanding of the patient's home situation, as well as information about your own caregiving capabilities.

The discharge planner is the person in charge of your relative's discharge. This person, a nurse, so-

cial worker, or possibly an administrator, is responsible for making sure that the plan for your relative's discharge is, to use Medicare's language, "safe and adequate." (To make it easier to remember all those involved, keep a notebook with all the names and phone numbers of people who are involved in your relative's hospital care and discharge plan.)

WHEN SHOULD IT HAPPEN?

Many health care providers say that discharge planning should begin on the day of admission. Although a good idea in theory, this is sometimes not practical. If a hospital stay is unplanned - accident, stroke or sudden illness - it may be impossible to make decisions regarding discharge. However, it is



“AS A
TEENAGER
YOU WERE AT
THE LAST
STAGE OF
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WHEN YOU
WERE HAPPY
TO HEAR
THAT THE
PHONE
WAS FOR
YOU.”
Fran Lebowitz



The Importance of Hospital Discharge Planning *cont.*

a good idea to start thinking about the options as soon as the outcome becomes a little clearer.

WHAT WILL INSURANCE PAY FOR?

Even though your primary concern is your relative's health, it makes sense to begin as soon as possible to investigate what follow-up care will be paid for and what your relative or you will have to pay out of pocket. The discharge planner or a social worker can help you get started. It may also be useful to talk to others who have been in the same situation.

(Medicare information is available from the Medicare Rights Center, 212-869-3850, or online at www.medicarerights.org.)

Discharge planning is a short-term plan to get your relative out of the hospital. Even though no one can predict what the patient's needs

will be for the future, it is important to think about the long term as much as possible. You may be able to build into the immediate plan services that will be important in the

long run. For more information, please contact the **National Alliance for Caregiving** at 212-494-0700 or on line at, www.caregiving.org.

DISCHARGE PLANNING BASICS:

DISCUSSION: At the beginning of discharge planning, health-care professionals, caregivers and patient (if appropriate) should discuss:

- The patient's condition, and any changes that have occurred as a result of treatment;
- Any symptoms, problems, or changes that may occur when the patient is at home;
- The patient's care plan, and caregiver's needs
- The potential impact of caregiving on the caregiver; warning signs of stress and techniques for reducing stress.

PLANNING: Prior to discharge, health professionals should work with caregivers, with patient consent, (if appropriate) to:

- Arrange for an in-hospital assessment to determine Medicare or insurance eligibility for home care services such as nurses or aides;
- Set up home care services
- Get the home ready by arranging for equipment rental and home modification;
- Provide a 24-hour phone number the caregiver can call to speak with a health care professional;
- Organize transportation home for the patient
- Schedule a follow-up appointment.

TRAINING: Before discharge, health care professionals should provide training for caregivers including:

- A written medication list with specific instructions on medication dosages and how long they should be taken, and information about possible side effects;
- Teaching and practice of techniques such as bed-to-chair transfers, care procedures, use and monitoring of equipment, recognition of symptoms, and other elements of patient care.

REFERRALS: Before discharge, health care professionals, caregivers and patients should explore available support services, including:

- Community sources of social support for caregivers and patients;
- Community-based agencies that provide services such as transportation, equipment maintenance, respite care, home care, and volunteer services;
- Information resources such as books, pamphlets, videos, and websites.

Feeling stretched caring for an older adult?

Balance your life with:

"POWERFUL TOOLS FOR CAREGIVERS" **Oct. 17-Nov. 28, 2007**

Caregiving can be stressful, physically, emotionally and financially.

Powerful Tool for Caregivers allows you to examine your life, acquire the tools to deal with stressors and become more comfortable with your role as a caregiver. It is not a support group, but provides a highly supportive, informative environment.

Powerful Tools for Caregivers, is an educational program designed to provide you, the caregiver, with the tools necessary to better take care of yourself.

Classes run on **Wednesdays** from Oct. 17 - Nov. 28, 2007 at 5:30 p.m. at the Summit library. (*there is no class on Nov. 21*) Classes consist of six, 90-minute sessions. There is a nominal fee of \$30 for the program to cover the cost of **The Caregiver Helpbook**. Special arrangements can be made for free respite care for the care receiver during scheduled class time. For additional information and class schedules please contact: **Southwest Suburban Center on Aging at 708-354-1323.**

Affordable Advice for Senior Living

Choosing an alternative living arrangement for a loved one or friend is a process that must be executed with care and compassion. Whether you are contemplating independent living, assisted living, or nursing home care, the decision can be confusing, stressful, and time-consuming. There are varying levels of care, lifestyle factors, and financial realities to be considered. The decision must be made with the prospective resident's best interests in mind.

For more information on affordable advice for Senior Living, please contact , **Andrea Donovan Senior Living Advisors** at 708-442-7174 or www.adsla.biz. (*Please note that Andrea Donovan does not represent nor is compensated by any of the facilities presented.*)

MARK YOUR CALENDARS

FOR THE 2ND ANNUAL
RIVERSIDE BROOKFIELD HIGH SCHOOL

"BULLDOGS GIVE BACK" **COMMUNITY SERVICE DAY**

SATURDAY, OCTOBER 20, 2007
9:00 A.M. TO 1:00 P.M.

ATTENTION: Senior Citizens of the Riverside Brookfield High School District Community. Do you need some students and staff to help with minor indoor/outdoor chores, repairs, errands, computers, other?

LET A BULLDOG HELP YOU OUT!

For more information, call
Betty Sharp at 708-442-7500, ext. 110

AFFORDABLE SENIOR LIVING COMMUNITIES

Drexel Horizon Senior Living Community,
3443 55th Ave., Cicero, IL -
call Missy Ditkovich
708-780-0822 for free tour

Lyons Grove Apartments,
8325 Carr Court, Lyons, IL -
call 630-789-8939

Riverwalk Senior Residences, 8019 Ogden Ave.,
Lyons - *call 708-442-0007*

Who Says Doctors Don't Make "House Calls"

Housecall Services of Greater Chicago (d.b.a.: **MD at Home**) has been performing physician housecalls in the Metropolitan Chicago area and Northern Illinois since 1993. Their program is one of the first physician housecall services in the Midwest; performing thousands of home visits by board certified physicians.

The purpose of MD at Home is to provide quality comprehensive and cost-effective physician services to the homebound patient at their convenience.

MD at Home focuses on the physicians role in the home healthcare needs of this patient population. They strive to support the work of the home health agency and the primary care physician or specialist as well as the family. Availability and communication are a priority as they work together for the most appropriate level of care for their patients.



MD at Home Services Include:

- Physician Home Visits
- Full mobile lab
- Physical Examinations
- Wound care/lacerations
- Decubitus wound care
- Consultative Examinations
- Mental Status opinions and Affidavits
- Pulmonary Function Testing
- Tracheostomy tube changes-
Gastrostomy tube changes
- Echocardiogram
- Ultrasound
- EKG
- X-Ray
- Oximetry
- Fracture care
- Customized Services

MD at Home Specialties

- Primary Care
- General Surgery
- Disability Medicine
- Occupational Medicine
- Emergency Medicine
- Podiatry
- Optometry

REQUEST AN MD AT HOME HOUSE CALL

Phone: (815) 986-2610

Toll Free: (866) MD-AT-HOME (866-632-8466)

Fax: (815) 986-6287

Mail Address: 7479 Walton Drive, Suite 4,
Rockford, IL 61108

Office Hours: Monday - Friday: 8:30 am - 4:30 pm CST
Closed on Saturday and Sunday

After Hours: (815) 966-2050

E Mail: rdehaan@866mdathome.com

Physician on call 24 hours a day 7 days a week

IT'S TIME FOR YOUR ANNUAL EYE EXAM!

Dr. Steve Butzon and the staff of **DuPage Optical** are committed to providing the homebound members of your family with "House Call" exams as well as providing you and your family with in-office, **quality** eye care. Our office never surprises you with unexpected add-ons that hurt your budget. Just competitive prices, a large selection of fashionable eyewear, and a level of **service** you will appreciate and **trust**.

Dr. Butzon is a board certified optometrist who is trained in treatment and diagnosis of eye infections and eye diseases, such as Cataracts and Glaucoma. He provides eye examinations for adults and children as young as 6 months old.

For more information, please call (630) 279-8866.



Elder Abuse Warning Signals

Elder abuse is a very serious issue and cases of abuse, neglect, or exploitation should be reported. Watch for these warning signals:

Physical and Sexual Abuse:

Suspicious bruises or other injuries. Rope burns or other signs of restraints. Sudden change in behavior. Caregiver's refusal to allow visitors.

Emotional or Psychological Abuse

(insults, threats, social isolation): Elder is extremely upset, withdrawn, unresponsive; other unusual behavior.

Neglect: Dehydration, malnutrition, untreated bed sores, weight loss. Unattended health problems or unsanitary living conditions (lice, soiled bedding).

Financial Exploitation: Unexplained bank withdrawals, unauthorized use of a credit or ATM card or stolen or "misplaced" cards or checkbook. Checks written as "loan" or "gift." Abrupt changes in a will or unexplained transfer of assets to a family member or "friend." Disappearance of valuables.

If you suspect someone you care about is being abused or neglected, you can help. For more information contact the **National Center on Elder Abuse** at (202) 898-2586 or online at www.elderabusecenter.org.

HIV/Aids Emerging in Older Adults

Statistics show that aging individuals remain sexually active into their 60's, 70's and perhaps even longer. Midlife and older people can be at the same risk for HIV infection as their younger counterparts, especially if they aren't

educated about transmission and prevention of sexually transmitted disease (STD).

To learn more, contact Jane P. Fowler, Director of HIV Wisdom for Older Women at www.hivwisdom.org.



PUBLIC CAN HELP STOP ELDER ABUSE

Illinois law requires many service providers, including social service, law enforcement, public service and medicine, including paramedics and emergency medical technicians, to report elder abuse if an elder cannot report for himself or herself.

If you suspect that an older adult you know is being mistreated, call the Illinois Department on Aging Statewide Elder Abuse Hotline at (866) 800-1409. Anonymous reports are welcome and all reports are kept confidential. Anyone wishing to learn more about elder abuse can call Katie Schmit or AgeOptions at (708) 534-0258.

CLEVER RESOURCEFULNESS & A LARGE CHEESE PIZZA

While traveling away from home late one afternoon, an elderly couple exited the museum of art surprised to discover several inches of snow on the ground with a snow storm in the forecast. Not having a car or a cell phone, and with no taxi in sight, the couple navigated their way to the subway to get to the stop nearest their hotel.

After exiting the subway, the couple carefully surveyed the area and saw something that brought a smile to their faces - the steamy windows of a Domino's Pizza parlor! The couple entered the store, ordered a pizza for home delivery and said, "There's one more thing - we'd like you to deliver us with it!" The couple cleverly arrived back at their hotel with a large cheese pizza and grins on their faces.



PEOPLECARE - Working For You

MEET THE STAFF

"Volunteers make our work here at PeopleCare possible. They give generously of their time, bringing the outside in for our clients - enabling them to attend appointments and fulfill their own needs. Being able to bring volunteers and clients together is our goal and I am happy to be a part of this rewarding, important work."

Cindy Antene *Transportation Assistant*



"THERE'S NO
LABOR A MAN
CAN DO
THAT'S
UNDIGNIFIED,
IF HE DOES IT
RIGHT. "

Bill Cosby

SERVICES FOR HOMEBOUND BROOKFIELD PUBLIC LIBRARY PATRONS

"YOUTH IS THE
GIFT OF
NATURE, BUT
AGE IS A WORK
OF ART."

- *Garson Kanin*

In order to better serve our community of elderly and homebound individuals, the Brookfield Public Library offers a Homebound Delivery Service for Brookfield residents with a valid library card. Through the service, library staff will deliver library materials for residents who are homebound or have a difficult time coming into the library. After signing up, patrons will simply call the library to request materials and the library staff will set up a delivery time convenient for the patron. When patrons are finished

with their items, they may call the library to schedule a pickup and delivery of new materials.

Additionally, as an alternative to home delivery, homebound patrons can sign up for *Proxy Borrower* services. Under this arrangement, a library patron can call the library to have their materials held to be picked up by a designated friend or family member. For more information, or to sign up for either service, please call the Brookfield Public Library at 708-485-6917.

Also

FREE TALKING BOOKS!!!



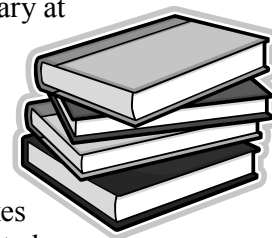
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Research indicates that in the next 15 years, the number of people who are blind or have low vision will increase substantially. A variety of programs can help minimize the day-to-day impact of vision loss - such as its effect on reading.

The National Library Service (NLS), Library of Congress offers a free library service, Talking Books, to help people of all ages whose low vision, blindness or

physical handicap makes reading a standard printed page difficult. Through its national network of regional libraries, books and magazines on cassettes and in Braille, as well as audio equipment, are mailed straight to people's door, **at no cost.**

For information and enrollment, call 1-888-657-7323 or visit www.loc.gov/nls.



KEEP YOUR BRAIN & BODY HEALTHY

Walking is one of the most effective, enjoyable and accessible forms of exercise, and can help you live longer. The International Longevity Center - USA suggests walking at least 10,000 steps per day to help control weight, maintain fitness and build bone and muscle strength. Walking can help reduce the risk of chronic diseases such as heart disease, high blood pressure, obesity, osteoporosis, non-insulin-dependent diabetes, osteoarthritis, anxiety, depression and insomnia.

Seniors can do a variety of activities to improve their health:

- Strengthening exercises, such as repetitive lifting of light hand weights or using ankle weights, build muscle tissue and reduce age related muscle loss.
- Balancing exercises, such as tai chi and yoga, reduce the chances of a fall
- Stretching exercises keep the body limber and flexible
- Endurance activities, such as walking, swimming, or riding a bike, improve the health of the heart and circulatory system
- Eating less - but more often helps to digest food and absorb important nutrients such as iron.
- Exercising your brain with mental games will keep you entertained and increase your brain health. Learn the names of trees and flowers in your neighborhood or memorize the street names or house facades.
- Staying hydrated with eight ounces of water per 15 minutes of exercise is key to preventing after-exercise soreness.



"It's only a ½ hour appointment and I don't know how I'll get there..."

Make a difference in an older adult's life

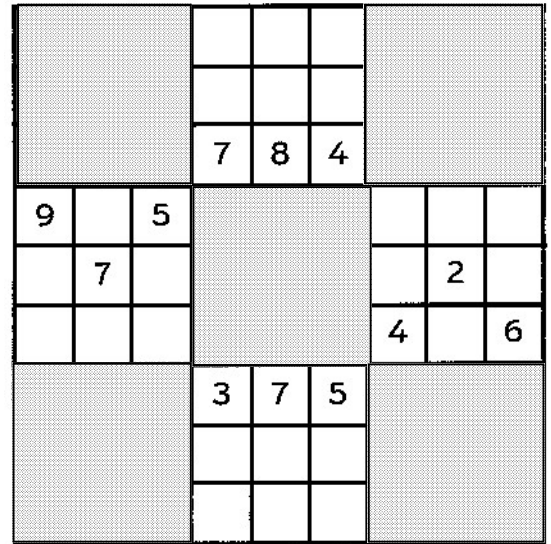
VOLUNTEER

Call **talk to me**
People Care
inc.

708.442.1223

Sudoku - answer

7	4	6	9	5	1	3	8	2
8	5	1	2	6	3	9	4	7
2	9	3	7	8	4	6	5	1
9	1	5	4	2	6	7	3	8
6	7	4	1	3	8	5	2	9
3	2	8	5	9	7	4	1	6
1	6	2	3	7	5	8	9	4
5	8	9	6	4	2	1	7	3
4	3	7	8	1	9	2	6	5



Sudoku is a test of logic and patience - no math is needed. Fill in the grid so that the numbers 1 through 9 appear only once in every horizontal row, every vertical column and every 3x3 mini box. Start by scanning the columns and rows. Only one solution is possible.



BORROW

MONEY FROM

A PESSIMIST -

THEY DON'T

EXPECT IT

BACK!



Vigorous walking for half an hour five times per week could add three years to life expectancy!



NON-PROFIT ORG
U.S. POSTAGE
PAID
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Riverside, IL.

60 Akenside Road
Riverside, Illinois 60546

708.442.1223

708.442.1425 fax

peoplecareinc@sbcglobal.net

VISIT US ON THE WEB AT:

www.peoplecareinc.org

If you would no longer like to receive this newsletter, please call PeopleCare at 708-442-1223 and we will remove your name from our mailing list. *Thank You.*

NO NURSING HOME FOR ME

About 2 years ago my wife and I were on a cruise through the Mediterranean aboard a Princess liner. At dinner we noticed an elderly lady sitting alone along the rail of the grand stairway in the main dining room. I also noticed that all the ship's staff seemed very familiar with this lady. I asked our waiter who the lady was, expecting to be told that she owned the line, but he said he only knew that she had been on board for the last four cruises, back to back.

As we left the dining room one evening I caught her eye and stopped to say hello. We chatted and I said, "I understand you've been on this ship for the last four cruises." She replied, "Yes, that's true." I stated, "I don't understand" and she replied, without a pause, "It's cheaper than a nursing home."

So, there will be no nursing home in my future. When I get old and feeble, I am going on a Princess Cruise Ship. The average cost for a nursing home is \$200 per day. I have checked on reservations at Princess and I can get a long term discount and senior discount price of \$135 per day. That leaves \$65 a day for:

1. Gratuities which are \$10 per day. 2. I can have as many as 10 meals a day or room service (which means breakfast in bed every day of the week.) 3. Princess has

as many as three swimming pools, a workout room, free washers and dryers, and shows every night. 4. They have free toothpaste and razors, free soap and shampoo. 5. They will even treat you like a customer, not a patient. An extra \$5 worth of tips will have the entire staff scrambling to help you. 6. I will get to meet new people every 7 or 14 days. 7. T.V. broken? Light bulb need changing? Need to have the mattress replaced? No Problem!! They will fix everything and apologize for your inconvenience. 8. Clean sheets and towels every day, and you don't even have to ask for them! 9. If you fall in the nursing home and break a hip you are on Medicare; if you fall and break a hip on the Princess ship they will upgrade you to a suite for the rest of your life. Now, Hold on for the best! Do you want to see South America, the Panama Canal, Tahiti, Australia, New Zealand, Asia, or other exotic places? Princess will have a ship ready to go. So don't look for me in a nursing home, just call shore to ship.

P.S. - And don't forget, when you die, they just dump you over the side at no charge!

