Helpful Ways to
Manage Eldercare

Here are ways to ease the task of caregiving for an elderly parent or parent-in-law:

• **Know what to expect.** Understanding progressive conditions, such as Alzheimer’s disease, is crucial.

• **Carefully review Medicare and supplemental insurance.** Make sure that medications, long-term care and other needs are all covered.

• **Keep current records.** An online personal health record can be a convenient way to track medical history, medications, etc.

• **Expect “live-in” adjustments.** Be prepared to readjust mealtimes and sleep schedules. You may experience a “role reversal,” placing you in the parenting role.

• **Hold a family meeting.** A social worker or other facilitator can help with difficult issues, such as placement in assisted living.

• **Make a hospital discharge plan.** If you’re unable to care for your loved one at home, a hospital discharge planner can help with the transfer to a rehabilitation facility or a nursing home, or set up in-home care.

• **Discuss advance directives.** Living wills detail medical care preferences. A power of attorney for healthcare (DPAHC) document allows your parent or parent-in-law to designate another person to make financial or medical decisions, should your parent or parent-in-law become unable to do so.

• **Get support for yourself.** Local organizations may offer adult day care, emergency respite and support groups. (National Family Caregiver Support Program)

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**Get Help and Support Now**

Your Health Advocate Healthcare Help benefit, paid by your employer or plan sponsor, is available to assist with a full range of clinical and health insurance issues. Just call the toll-free number, 866.695.8622. Your assigned Personal Health Advocate, typically a registered nurse supported by medical directors and benefits and claims specialists, can help clarify geriatric conditions, locate eldercare services, help you understand and apply for Medicare and more.

**Contact Us for HELP!**

**866.695.8622**

Email: answers@HealthAdvocate.com
Web: www.HealthAdvocate.com/members

Our normal business hours are 8 am to 9 pm Eastern Time, Monday through Friday. After hours and during weekends, staff is available for assistance with issues that need to be addressed during non-business hours.

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