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Visit Karen's website to learn more about the services she can provide.

WWW.
rochestereldercare.com

Visitors can:

- Share thoughts and feelings with other caregivers
- View titles of books Karen recommends for dealing with a variety of elder care issues
- Take the Caregiver Check-up to measure the effects of caregiver stress
- Find links to other great elder care websites

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Elder Care Updates

Aging Touches Us All

By Karen Witkowicz

"Aging Touches Us All" was the motto of an agency serving seniors where I used to work. I thought of this the other day when I was pondering aging. What does this statement mean? One is the obvious; that we all begin to age at the moment we are born. Aging is the natural process of life.

Another way of looking at it is that we all know people who are elderly or frail. Some touch our own lives. Many folks in their 40's, 50's and 60's are helping elderly parents, aunts, uncles and other relatives who are in their 70's, 80's and 90's. It is not uncommon to find young people in their late twenties and thirties caring for parents in their 50's or 60's due chronic illnesses. I also think of children who have family ties to their grandparents and great-grandparents, as well as those in the "sandwich generation" who are caring both for children and elderly parents. The care of those among us in the second half of life who are frail or need some help in their day-to-day lives is a concern for each of us.

While we must pay attention to the larger issues of health care, prescription costs, housing and the growing elderly population, we must not lose sight of the seniors around us every day. We too may need others to help us stay as independent as possible sooner than we would like to admit. Now is the time to help others. Now is the time to enjoy your elderly friends and relatives for the wisdom, wit and richness they bring to our lives. Now is the time to become politically aware of issues associated



Karen Witkowicz, Elder Care Manager and Consultant

with aging and to vote for those whom you feel would benefit our older population. And if the time comes when you have need of those of us in the caring professions, we will be there, but we all need to work together to ensure quality care for all of us in our later years. "

Good News On Alzheimer's Vaccine

Scientists continue to report positive results in human clinical trials of the new potential "Alzheimer's Vaccine". Researchers at Elan Pharmaceuticals report that human subjects tolerate the vaccine well.

Last year scientists published exciting new findings on the use of this vaccine in mice. In the study, scientists were able to identify how the vaccine works to clear amyloid plaques out of the brain and prevent additional plaques from growing. The presence of amyloid plaques in the brain is an indicator of Alzheimer's disease. "

Resources For Those Who Care For The Elderly

Books

Failure-Free Activities for the Alzheimer Patient: A Guidebook Caregivers by Carmel B. Sheridan — an excellent book for both home and professional caregivers with many ideas for interactive activities.

Caregiving: The Spiritual Journey of Love, Loss and Renewal by Beth Witrogen McLeod — every caregiver needs to be supported and nurtured as they care for their loved one.

The 36-Hour Day: A Family Guide to Caring for Persons with Alzheimer Disease — a wonderful book that has

practical tips and ideas for coping with Alzheimer's disease in the home.

Note: Order these or other books on caregiving from Karen's website at — <http://www.rochestereldercare.com/Recommendedreading.html>

Websites

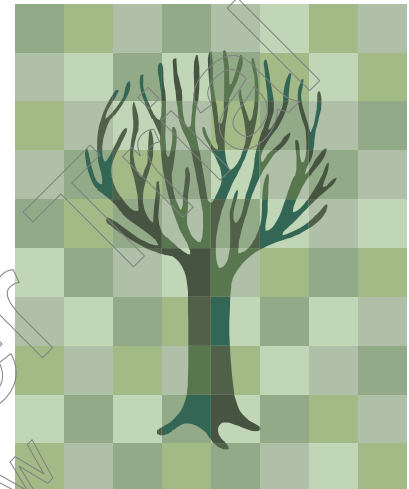
www.alz.org — will take you to the site of the National Alzheimer's Organization. This site is packed with research, history, and late breaking news on the disease.

www.careguide.com — is a national clearinghouse for elder services and information. You can find a nursing home, learn about long-term care insurance, read legal advice or even order meals for your elderly relative.

Community Resources

Rochester area residents with questions about caring for the elderly can visit the

**Caregiver Resource Library
Schmitt Senior Resource Center
1501 University Avenue
Rochester, NY 14610**



Did You Know...

- Approximately 4 million Americans have Alzheimer's disease. 14 million Americans will have Alzheimer's by the middle of this century unless a cure or prevention is found.
- Alzheimer's disease costs American businesses more than \$33 billion annually — \$26 billion to lost productivity of caregivers plus \$7 billion related to costs for health and long-term care.
- More than 7 out of 10 people with Alzheimer's disease live at home. Almost 75 percent of home care is provided by family and friends. The remainder is "paid" care costing an average of \$12,500 per year, most of which is covered by families.
- One in 10 persons over 65 and nearly half of those over 85 have Alzheimer's disease.



The services of an Elder Care Manager can help you serve your clients

Assessment

An Elder Care Manager can come into the home of an elderly person, evaluate his or her care needs and arrange either in-home care or a residential change. If necessary, a Patient Review Instrument (PRI) & screen can be done.

Advocacy

An Elder Care Manager can help an elderly person and family make the changes happen. The application and admissions process for all residential programs is very complex. A care manager can serve as a knowledgeable guide through the tangle of red tape.

Long Distance Caregiving

Out of town children of elderly parents can feel particularly anxious about elder care. An Elder Care Manager can be the extra set of eyes and ears that monitor the services that an elderly person is receiving in any care situation.

Crisis Management

Difficult care situations can overwhelm any family. There are solutions. An Elder Care Manager has the knowledge and resources to help families understand the best choices available to them.