

TiNT Together in Transition

Opening the door for seniors in transition



Issue No. 2 Volume 1

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Together in Transition Today



Greetings!

Here in Los Angeles where Together in Transition is headquartered, we're enjoying the beginning of longer spring days, especially with the change in Daylight Savings Time. And, with the longer days, I sometimes wonder if "it" will all get done: the business responsibilities that never end, financial considerations during this challenging economy, taxes, household duties, walking the dog, social activities, church and the list goes on and on. And, some of you have added responsibilities of spouses, children and/or parents for whom you care.

This past week was a week where I had to slow down and take a deep breath, and remember my blessings: a growing business I love to nurture, great parents and family, special friends all over the world, a beautiful garden to escape into my backyard and the sweetest dog in the world. As caregivers, we are so used to focusing on those around us; it's easy to forget the most important thing: to care for and love ourselves, so we can give

In This Issue

7 Most Important Things in Choosing a Senior Community: #2 - Mobility and Cognitive Awareness

Quotes for the Sage Agers

Old places and old persons in their turn, when spirit dwells in them, have an intrinsic vitality of which youth is incapable, precisely, the balance and wisdom that comes from long perspectives and broad foundations.

--George Santayana

our best to others. I hope while reading my email, you can take a deep breath and think of 3 things in your life you're grateful for. Sometimes it takes more than one breath, but at some point I feel more balanced and ready to be my best again after allowing that little bit of time for me. Please take good care of YOU too!

Sincerely,



Catherine Fritz
Senior Residential Transition Specialist

Together in Transition Today News

Advisory Packages

One of the newest services offered by Together in Transition are Advisory/Consulting packages to Boomers and caregivers all over the U.S. If you or other friends/family are struggling with the decision around a loved one's transition into a senior community, Together in Transition can help! We currently offer individual packages on Residential Transition Planning for Mom and Dad, or other elderly loved ones. You can live anywhere in the U.S. and we will counsel and advise you through the process of completing your own or a loved one's residential transition into a great senior community. To see description, benefits and costs of our individual advisory packages, please click on: [Together In Transition Today](#) to access our package information.

Also, [click this link](#) to register for a free subscription to our electronic newsletter Together in Transition Today. You'll receive free bonus information, including a Worry-Free Report: "What Every Baby Boomer Needs to Know About The Six

Featured Article

7 Most Important Things to Consider When Choosing a Senior Community

In the next 5 issues of the newsletter we'll be highlighting in detail the critical factors to be aware of when making a choice in a senior community.

The 7 factors to consider are:

1. Agreement about moving into a senior community
2. Level of mobility and cognitive awareness
3. Financial considerations
4. Location
5. Long-term requirements
6. Management and staff experience
7. Reality check on senior community

For this edition in March, we'll discuss issue #2:

LEVEL OF MOBILITY AND COGNITIVE AWARENESS

What level of Mobility do your parents have? Are there any early memory loss issues the senior community should be aware of? Many assisted living

residences require that the resident be mobile (i.e. walk without the use of a wheel chair - walkers and canes are generally acceptable as aids). So if you are beginning to think about mom or dad moving into a senior community, their options to choose where they want to stay will be greater if they are still mobile and alert.



Regarding the question about dementia/memory loss, many assisted living places can accept residents with diagnosis of early memory loss, but will want to confer with the individual's physician. However, when wandering or other mid- to late-stage memory loss behaviors begin, residents will be required to relocate to a community with the appropriate safety structure

Major Types of Senior Residential Communities" and a Free Audio Interview: "Navigating the Confusing Differences Between Senior Residential Communities."

Next Issue

FEATURE ARTICLE

7 Most Important Things in Choosing a Senior Community: Issue # 3 - Financial Considerations

CAREGIVER AND SENIOR RESOURCES
Income Assistance Programs for Seniors

COMING SOON!

- Launch of Together in Transition Today's *blog*, which will feature my thoughts and experiences working with caregivers or seniors
- Local Residential Transition Packages in Los Angeles, CA

New Toll Free Number

1-877-500-5779

and staffing to support them. Wandering is a symptom of dementia and Alzheimer's where individuals feel a need to be out of their known environment, but eventually realize they don't recognize where they are or how they got there. This symptom requires a 'lock-down' facility, which sounds discouraging to family members first exploring options for their parents; however, families soon realize that a facility that can ensure that their parents cannot possibly wander out of the facility, onto a busy street, into unknown neighborhoods, etc. is the safest and most compassionate act they can provide for their loved one.

The important thing to discuss with your loved one is that their options and choices are greater when they are in stronger health, both physically and mentally. Delaying a decision indeterminately can greatly reduce the quality and quantity of housing options that may be available for your loved ones.

Resources for Caregivers and Seniors

One of the issues that caregivers cite as a high concern when senior family members are living on their own in their own home or apartment is safety.

What happens if there is a fall or a burner is left lit on the stove? What can you do, even if you're in the same town, and are busy at work, picking up kids, etc.? What can you do if you're across the country?

Below are some options to seriously consider so that your loved one that can keep their independence, but allow you to have peace of mind that someone is monitoring them. And remember, anything that you see being offered here in Los Angeles can most likely be accessed in your city or county in the U.S. Contact Together in Transition for directions on where you can locate it in your area.

One system that is offered to seniors in the LA area is EARS: the Emergency Alert Response System, a state-of-the-art medical communications and personal security system assuring a quick and efficient response to any emergency that may occur in the home. EARS provides seniors with a sense of security and independence and the knowledge that help is summoned at the push of a button.

EARS works by pressing a button on the unit, and then a signal is sent to a 24-hour emergency response center. Within seconds, there is direct voice communication with an operator at the response center through a speaker/microphone built into the unit. No telephone has to be picked up. The EARS unit can also be activated from anywhere in the home by pressing a necklace-type pendant or an arm bracelet. In an emergency, help is sent

immediately. Important medical information is relayed to paramedics and emergency room personnel to assure appropriate and timely treatment.

Persons who qualify for EARS are:

- 62 years of age or older
- Reside within the City of Los Angeles
- On a fixed income and meet income eligibility requirements
- Frail and homebound.

Care Managers from the City's Multipurpose Senior Centers do a comprehensive assessment, which is then sent to the Department of Aging. The Department of Aging can then determine eligibility for the EARS program. The EARS unit also has battery backup so that it can operate during a power failure. This service is provided at no cost to qualified seniors.*

To apply, call your local Multipurpose Senior Center or the Department of Aging:

Information and Assistance
(800) 510-2020 (Los Angeles County)
TDD: (213) 473-5990

Website: www.lacity.org/doa

E-mail: age.webinfo@lacity.org

Seniors that don't qualify for the EARS product due to exceeding income limits may obtain services directly from the manufacturer, or as a second option, check out the LifeLine alert system, at <http://www.lifelinesys.com/>. It's a very similar concept, but will be set up as a paid subscription (much like a home security system) that can help out at different levels for each individual. The EARS and LifeLine products are two great options that can give you and your elderly loved one safety, security and peace of mind while they remain independent in their home.

**The above information on the EARS product was obtained through free online access to the City of Los Angeles Dept. of Aging website located at <http://aging.lacity.org/>*



About Us

Catherine Fritz, owner and founder of [Together in Transition](#), is a Certified Senior Advisor and expert in senior residential transition issues. She is experienced in resourcing new residences for seniors moving from their long-time homes into senior communities, in downsizing their household, in supervising the move and in creating a home-like setting in the new residence.

While observing her parents serve as caregivers for different elderly family members, Catherine became aware of the growing needs of our current and future senior population, and the challenges that they face during different transitional stages, and so Together in Transition was born.

Her skills and experience in leadership and communication, effective project management, avocation for others and attention to detail, combined with a compassionate kind nature, results in someone with unique abilities to opening doors for seniors in transition.