



Together in Transition

Opening the door for seniors in transition



Issue No. 5, Volume 1

October 14, 2010

Together in Transition Today



Dear Catherine,

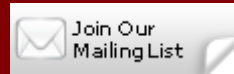
Fall has finally arrived to southern California. Sometimes here we only know it because the news reporter announces 'it's September 23rd, the first day of Fall'. In the land of palm trees and sandy beaches, I've learned that fall is more a state of mind, than a visual stimulation.

When fall arrives, I begin thinking of all the goals and tasks I want to complete by the end of the year, and start feeling real urgency for action. Does that happen for you?

I just returned from a wonderful week in southwest Colorado with my folks and was lucky to see the changing colors of the aspens across the mountains there. As always a visit away from the hustle and bustle of the big city was a welcome respite, allowing time to relax and to reflect. Here's wishing

In This Issue

[7 Most Important Things in Choosing a Senior Community: #5 - Long Term Requirements](#)



Quotes for the Sage Agers

"Men do not quit playing because they grow old; they grow old because they quit playing."

--- Oliver Wendell

the beginning of a thoughtful fall season for you and your family.

Sincerely,



Catherine Fritz
Senior Residential Transition Specialist

Featured Article

7 Most Important Things to Consider When Choosing 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

In the next 2 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.

For this edition in October, we'll discuss issue #5:

LONG-TERM REQUIREMENTS

Holmes

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



One of the most important decisions is whether the location being chosen is able to meet the senior's immediate, as well as future, needs? It's important to explore with your loved one what their preference is for this next stage of their life.

Some seniors don't mind 'changes of scenery' and are candidates for residences with distinct levels of care, such as independent living or assisted living, and accept that they'll have to change residences when the time comes. However, your family's situation may be different, especially if the health or cognitive abilities aren't the same for both individuals.

An example might be that the mother has early stage Alzheimer's and the father is still quite alert and mobile. In this situation (and especially if your mom and dad want to move only once), the very best option is a Continuing Care Residential Community. In that type of community, even when your mom might need to be moved into an area with a higher level of care, your dad can still remain in his assisted living apartment and visit and have meals together daily.

On the other hand, if your loved one is still extremely social, active in the community, etc., an active adult or independent living facility would be ideal. When the time comes for changes to a higher level care community, the staff and directors will many time offer support for the process of finding another good community for the resident.

Other factors to consider for their long-term requirements is what services does the community offer in addition to residential care? i.e. transportation to doctor's appointments or shopping, entertainment activities, health and

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 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

fitness areas, etc. The best approach is to be in tune with what your parents' CURRENT preferences are in daily routines, not as you may have remembered them in your youth.

As always, I'll emphasize that open discussion and planning in advance of long-term residential care needs is the ideal. If your parents are still alert and able to make decisions, involve them directly in this process. Their input is critical for the best choice to be possible and to ensure their cooperation and enthusiasm.

Resources for Caregivers and Seniors

The requirements for Emergency and Disaster Preparedness for seniors is not very different than for everyone else. The important issues are:

- being prepared with adequate food and water supplies
- notification agreement between family and neighbors in emergency situations
- documentation of medical conditions

In relation to this last item on medical conditions, some agencies, with the assistance of health care providers, have developed what is known as a File of Life form. It's especially important for seniors, as many times the number of medications increase due to chronic conditions. The File of Life form should be completed for each resident, marked clearly and placed near an entryway. All emergency personnel, including police, firemen and paramedics, are familiar with the File of Life form, and will review it in cases of medical emergency.

The File of Life provides important and sometimes life-saving information on current health conditions and medications that is prescribed for the senior. Knowing this information allows emergency

Things in Choosing a Senior Community: Issue # 6 - Management and staff experience

CAREGIVER AND SENIOR RESOURCES Family Caregiver Support

COMING SOON!

- **Project CARE - donate \$\$s and/or gifts to Los Angeles low-income seniors (donations made through the City of LA Dept. of Aging)**
- **Launch of Together in Transition Today's *blog*, which will feature my thoughts and experiences working with caregivers and seniors**
- **Local Residential**

personnel to avoid giving any treatments or medications which might create a dangerous interaction with their current medicine.

I've copied in the City of Los Angeles' Dept. of Aging's File of Life form when you click here on the underlined info.

<http://aging.lacity.org/pdf/forms/FileofLife.pdf>

Simply access this form, print it out and fill it out for yourself, an elderly loved one or a neighbor who might benefit from it. You might become a lifesaver yourself by doing so. For more information on the File of Life and other Emergency Preparedness tools, contact your local Department of Aging. In Los Angeles, call (213)252-4000.

Transition Packages in Los Angeles, CA



Together in Transition

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, and attention to detail, combined with a compassionate kind nature, results in someone with unique abilities to opening doors for seniors in transition.