

# Are you caring for an aging PARENT, **RELATIVE**, NEIGHBOR OR **FRIEND**?



## A Professional Geriatric Care Manager Can Help!

*Geriatric care managers are a good option for elders, adult children or other caregivers who are feeling uncertain as to what to do. GCMs offer a wide range of services that can help develop, implement and monitor a comprehensive care plan.*

Sometimes, especially when caregivers are separated by great distance from their elderly relatives or for those with busy lives, it helps to have someone to whom you can turn who can help evaluate and arrange for the elder's care and well being. Geriatric Care Managers (GCMs) are becoming an increasingly popular solution to the challenges faced by elders, caregivers, family members, and professional providers alike.

GCMs are specialists who assist elders and their families in planning for and implementing ways to allow for the greatest degree of independence, safety and quality of life. GCMs meet with elders and family members to assess their needs, develop a Care Team, and work with members of the Team to formulate a comprehensive Care Plan. Once a plan is in place, GCMs serve as the point person to monitor and coordinate services, and revise the plan as needed. The GCMs' role is similar to the conductor of an orchestra, ensuring that there is good communication, teamwork, and that everyone remains focused on the desired goal.

GCMs provide a wide range of services including crisis intervention, counseling, care management, housing management, guardianship, money management, referrals, guidance, and support.

## **Who Needs a Geriatric Care Manager?**

Elders, adult children or other caregivers who are feeling uncertain as to what to do, are increasingly using the services of GCMs to assess and implement plans that address an elder's day-to-day needs. GCMs provide a consistent contact for family members, and they can do everything from creating an overall care plan to intervening in case of a crisis or emergency.

Attorneys also sometimes rely on GCMs to evaluate a client's situation in their home, a nursing home or assisted living facility. Trust officers or other financial planners also use GCMs to create workable, cost-effective plans of care, and doctors or other health care professionals often rely on GCMs as intermediaries between a patient and the health care system.

## **Paying for a Geriatric Care Manager**

GCMs bill their clients privately on a fee-for-service basis. The services provided by GCMs are not covered by Medicare or Medicaid, but some private insurance policies may cover the cost. Check with your policy to find out if it covers this kind of service. Even if you have to pay for a GCMs services out-of-pocket, the work they provide in arranging for cost effective care - and easing the worries for elders and their loved ones - can make the initial costs well worth it.

## **Finding a Geriatric Care Manager**

When looking for a GCM, you'll want to interview several in the elder's community so that you can find the one that best suits his or her needs. During these interviews, ask about background, services, qualifications and areas of expertise. Also look for someone who you can get along with; after all, this person will be someone you'll be working with closely over the next several weeks, months or even years. Make sure to check references and their professional reputation.

## **The Caregiver Resource Center**

Our mission is to assist elders and their loved ones in understanding the aging process, facilitating open communication; and providing information, support and guidance through the caregiving process. Our services include:

- ✓ Advocacy
- ✓ Caregiver Support
- ✓ Care Planning
- ✓ Counseling Services
- ✓ Development of an Action Plan
- ✓ Heart to Heart With Loved Ones
- ✓ Information & Education
- ✓ Needs Assessments
- ✓ Provider Referrals

**For more information contact:**

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