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## Seniors and Special Needs News - February 26, 2016

1 message

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With help, seniors and people with special needs can keep some of their assets in the family rather than lose their entire life savings to the costs of long term care. They can use these protected assets to enhance their quality of life beyond what long term care alone will provide.

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**The Koewler Law Firm**  
 JAMES L. KOEWLER, JR.



# Seniors and Special Needs News

## I want to Stay in my Home Medication Management

This week's newsletter continues the discussion of an aging adult who wants to stay in his or her home. The introductory installment (on [February 11, 2016](#)) discussed the emotional turmoil that can face the adult children in deciding whether to accede to the aging parent's wishes to stay home. The [February 18, 2016](#) installment discussed home modifications that may make it easier for an aging adult to stay home. Today's installment will discuss medication management.

One of the most common reasons that an aging adult cannot stay in his or her home is failure to take medication as prescribed. Not to be Captain Obvious (with apologies to Hotels.com,) but compliance with prescriptions is HUGE in a senior's attempts to age in place. There is help with medication management.

Any one older adult can have a complicated prescription regimen for any number of chronic conditions. "Dad" might need a blue pill, a red capsule, a round white tablet, and an oblong white tablet at breakfast. Then, he might need two red capsules, a yellow tablet, and two different white capsules at lunchtime. Then, it's a yellow capsule and two oblong white tablets in the afternoon. Then, it's more of the same at dinner and again at bedtime. It's hard to keep them all straight.

The older adult (or family) should seek out a prescription packaging service. These services can organize all of Dad's prescriptions and package them for easy identification of the pills necessary at each particular time. The Monday morning pills are all in one sealed packet, and the packet is labeled for Monday morning. The, the Monday noon pills are in another sealed packet labeled for Monday noon, etc. Dad doesn't have to sort his own pills. The service has done the sorting and packaged pills together that need (based on day and time) to be taken together.

Also, the individual packets are in a tear-off strip, in order. Monday morning's pills are at the end of the strip. When Dad tears off that packet and takes the pills, then the next packet (now at the end of the strip) is the Monday noon packet. Then, the next packet has the pills for Monday afternoon. Dad's pills are sorted so that he needs to tear off just the packet at the end of the strip. Dad has no confusion sorting pills and making sure that he gets all of them necessary at any particular time. The service takes care of that. Dad just needs to tear off the next packet (just like taking a number at the DMV or the deli.)

If Dad's difficulty isn't sorting the pills but remembering to take his pills at the appropriate time, there are prescription reminders available (often from the same companies that provide the panic button necklace for seniors afraid of falling.) A reminder device can be placed in a conspicuous place in the house that will give an alarm when it's time to take medicine. These devices generally get the senior's attention. (Remember how annoying was the sound of your alarm clock this morning. It got you out of bed at, more or less, the right time, didn't it? These reminders work on the same concept.)

A step above the medication reminder is an automated pill dispenser with its own alarm. A dispenser will hold all of Dad's prescription for a certain number of days at a time. It will dispense Dad's pills, pre-sorted, at the time necessary for him to take the pills.

A more sophisticated version of the pill dispenser will leave the pills available to Dad for a certain length of time. If Dad doesn't take the pills out of the dispenser during that time, it will close up. (Each batch of pills necessary at a particular time are in one small drawer together on one model of such a dispenser.) The closing of the drawer prevents Dad from catching up with his pills all at once. Some models that close up the pills not taken on time can notify a family member when Dad fails to take some of his pills.

Now, someone needs to fill the dispenser. That someone is usually an adult child. To make filling the dispenser easier, the adult child can get Dad signed up for one of the sorting and packaging companies. Then the children need only to open the packets in order and place the pills into the corresponding pots on the dispenser.

With these services, medication management (and compliance with medication's requirements) becomes much easier. Compliance with prescription schedules will make it far more likely that the older adult can stay home.

## Suggest a Newsletter Topic

I try to write something new (and useful) in my newsletter every week. So, I know that I will sometimes have writer's block. I'd like your help, please.

If you have a topic for my newsletter that you'd kindly suggest, I promise to consider it. (I don't promise to pursue it. I just promise to consider it.) I try to write about issues concerning seniors, health care, long term care, special needs, Veterans Pension (aka Aid and Attendance) benefits, and Veterans Compensation benefits. Please keep your suggestions within or near to those topics.

Please submit your suggestion [here](#). If I use your topic suggestion, I'll put the content in both my blog and newsletter.

Thank you for your help.

## Social Media Posts since the last newsletter

02-25-2016 #Shopping cart to make it easier to shop with a person with #SpecialNeeds <http://ow.ly/YjFjX>

02-24-2016 The value of online resources for #FamilyCaregivers <http://ow.ly/Y2cx7>

02-23-2016 #Genworth requests big rate hike on #LongTermCareInsurance <http://ow.ly/YjDai>

02-22-2016 #NursingHomes and #AssistedLiving facilities and #Disaster preparedness <http://ow.ly/YjdRR>

02-21-2016 #PalliativeCare focuses on #Patient #Comfort <http://ow.ly/YjHUg>

02-20-2016 #Vaccination technique may have caused #Soldiers' #Infections <http://ow.ly/YjHqe>

02-19-2016 When an #AgingParent wants to stay #Home, certain #HomeModifications can help <http://wp.me/p47F09-hQ>

Older social media posts can be found in the [social media post archive](#) on the firm's website, [ProtectingSeniors.com](http://ProtectingSeniors.com).

## **The Koewler Law Firm News**

2-24-2016 The Koewler Law Firm had a table display at the Cuyahoga Falls Chamber of Commerce "Mixpo" in conjunction with its monthly luncheon at the Sheraton Suites in Cuyahoga Falls, Ohio.

3-4-2016 Jim Koewler will serve on the Curriculum Advisory Board for Miami Jacobs Career College.

3-10-2016 The Koewler Law Firm will sponsor the Social Worker Luncheon organized by the Summit County Senior Sales, Administration, and Marketing Association at the offices of Alpha Phi Alpha Homes in Akron, Ohio.

3-16-2016 Jim Koewler will speak about elder law to the Medina County Senior Services Network at Willowood Care Center in Brunswick, Ohio.

3-17-2016 The Koewler Law Firm will have a table display at the "Mini" Resource Fair at the University Hospitals Bedford Medical Center in Bedford, Ohio.

3-22-2016 Jim Koewler will discuss Ethical Issues in Case Management and Discharge Planning at Hillcrest Hospital in Mayfield Heights, Ohio. Continuing education credit is available for Certified Case Managers, social workers, counselors, and nurses.

3-24-2016 Jim Koewler will discuss Ethical Issues in Case Management and Discharge Planning at ManorCare in Mayfield Heights, Ohio. Continuing education credit is available for Certified Case Managers, social workers, counselors, and nurses.

3-26-2016 The Koewler Law Firm will have a table display at the Cuyahoga Falls Chamber of Commerce Community Expo at the Natatorium and Fitness Center in Cuyahoga Falls, Ohio.

3-30-2016 Jim Koewler will discuss Ethical Issues in Case Management and Discharge Planning at Medina General Medical Center in Medina, Ohio. Continuing education credit is available for Certified Case Managers, social workers, counselors, and nurses.

4-14-2016 Jim Koewler will serve as Master of Ceremonies for the Senior Citizen Prom sponsored by the Soprema Wadsworth Senior Center at the high school in Wadsworth, Ohio.

4-27-2016 The Koewler Law Firm will have a table display at the Spring Fling organized by the University Hospitals Bedford Medical Center's Senior Net at the Hilton Garden Inn in Twinsburg, Ohio.

4-28-2016 Jim Koewler will discuss Overcoming Seniors' Resistance to Long Term Care at The Merriman in Akron, Ohio. Continuing education credit is available for social workers, counselors, and nurses.

5-10-2016 The Koewler Law Firm will have a table display at the Senior Celebration organized by the Portage County Senior Services Network at the Northeast Ohio Medical University in Rootstown, Ohio.

5-10-2016 The Koewler Law Firm will have a table display at Senior Day organized by the Stark County Senior Services Network in Canton, Ohio.

10-6-2016 Jim Koewler will discuss Veterans Benefits that Help with Long Term Care at Fairview Hospital in Cleveland, Ohio. Continuing education credit is available for social workers, counselors, and nurses and will be available for Certified Case Managers.

Older items of firm news can be found in the [news archive](#) on the firm's website, [ProtectingSeniors.com](http://ProtectingSeniors.com).

## **Jim's available presentations**

- Ethical Issues in Case Management and Discharge Planning (Continuing Education credit and Ethics credit available for social workers, counselors, nurses, and Certified Case Managers)
- Overcoming Seniors' Resistance to Long Term Care (Continuing Education credit available for social workers, counselors, and nurses)
- Preventing Senior Fraud (Continuing Education credit available for social workers, counselors, and nurses)
- My Care Ohio and Medicare/Medicaid "Dual Eligibles" (Continuing Education credit available for social workers, counselors, and nurses)
- Navigating Medicaid, Medicare, and the Affordable Care Act (Continuing Education credit available for social workers, counselors, and nurses)
- What people "Know" about Long Term Care that is Wrong (Continuing Education credit available for social workers, counselors, and nurses)
- Government Benefits that can help Pay for Long Term Care (Continuing Education credit available for social workers, counselors, and nurses)

- Legal Issues for People with Dementia (Continuing Education credit available for social workers, counselors, and nurses)
- Veterans Benefits that Help with Long Term Care (Continuing Education credit available for social workers, counselors, and nurses)
- Advance Directives – Powers of Attorney, Living Wills, etc. (Continuing Education credit available for social workers, counselors, and nurses)
- Buying Long Term Care Insurance Wisely (Continuing Education credit available for social workers, counselors, and nurses)
- Planning Ahead to Protect against Long Term Care Costs (Continuing Education credit available for social workers, counselors, and nurses)
- Organizing for Long Term Care (Continuing Education credit available for social workers, counselors, and nurses)
- Pre-planning your Final Arrangements (Continuing Education credit available for social workers, counselors, and nurses)
- Elder Law: A Primer (Continuing Legal Education credit available)
- Protecting your Money when you need Long Term Care and Essential Estate Planning Considerations (with free living wills for up to 20 audience members)
- Health Insurance for Families: The Affordable Care Act ("ObamaCare,") Medicaid, and Medicare
- Myths about Long Term Care Costs
- How to help your Parents Manage their Affairs
- Legal Lessons for Life

## **Upcoming meetings**

02-26-2016 Eldercare Professionals of Ohio, Heartland of Twinsburg, Twinsburg, Ohio, 9:00 a.m.

02-26-2016 Cuyahoga Falls Chamber of Commerce, "Night at the Races," SYB Party Center, Stow, Ohio, 6:00 p.m.

03-01-2016 Aging Services Network East, Euclid Hospital's Waltz Auditorium, Euclid, Ohio, 8:30 a.m.

03-01-2016 Montrose SeniorCare Networking Group, Panera Montrose, Bath, Ohio 8:30 a.m.

03-01-2016 Stow ElderCare Networking Group, Corner Cup Coffee House, Stow, Ohio, 8:30 a.m.

03-02-2016 Stark Senior Services Network, Myers Lake Ballroom, Canton, Ohio, 9:00 a.m.

03-02-2016 Richfield Chamber of Commerce luncheon, The Taverne of Richfield, Richfield, Ohio, 11:45 a.m.

03-02-2016 Medina County Senior Services Network's Client Services Committee, Sully's, Medina, Ohio, 3:00 p.m.

- 03-04-2016 First Friday Networking on the Go (multi-chamber event,) Great Lakes Hoday, Cuyahoga Falls, Ohio, 8:00 a.m.
- 03-08-2016 Cuyahoga Falls Chamber of Commerce, "Cash Mob & Connections," Urban Lace, Cuyahoga Falls, Ohio, 11:00 a.m., and Old Carolina Barbecue, Cuyahoga Falls, Ohio, 11:30 a.m.
- 03-09-2016 Medina County Senior Services Network, Willowood Care Center, Brunswick, Ohio, 8:00 a.m.
- 03-10-2016 Lorain County Senior Services Network, Mercy Hospital, Lorain, Ohio, 8:30 a.m.
- 03-10-2016 Summit Senior Sales, Administration and Marketing Association Social Worker Luncheon, Alpha Phi Alpha Homes headquarters, Akron, Ohio, 11:30 a.m.
- 03-11-2016 Eldercare Professionals of Ohio, Pearl Crossing, Strongsville, Ohio, 9:00 a.m.
- 03-15-2016 UH Bedford Medical Center Senior Network, Vista Springs, Macedonio, Ohio, 8:30 a.m.
- 03-16-2016 Professional Association Specializing in Seniors ("PASS"), Punderson State Park, Manor House, Newbury, Ohio, 8:30 a.m.
- 03-17-2016 Cuyahoga Falls Chamber of Commerce, "Falls After Five," Western Reserve Hospital, Cuyahoga Falls, Ohio, 5:00 p.m.
- 03-21-2016 Medina County Senior Services Network's Education Committee, Yours Truly, Medina, Ohio, 11:30 a.m.
- 03-22-2016 Summit County Senior Services Network, Anthony Kucko Kertesz Funeral Home, Akron, Ohio, 8:00 a.m.
- 03-22-2016 Professional Networking Group, Manor Care, Twinsburg, Ohio, 9:00 a.m.
- 03-22-2016 Wayne Holmes Senior Service Coalition, Wayne County Care Center, Wooster, Ohio, 8:30 a.m.
- 03-23-2016 Cuyahoga Falls Chamber of Commerce Luncheon, Sheraton Suites, Cuyahoga Falls, Ohio, 11:30 a.m.
- 03-24-2016 Portage Senior Services Network, The Atrium at Anna Maria, Aurora, Ohio, 8:30 a.m.

03-24-2016 Parma Hospital Senior Resource Network, ???, Ohio, 8:30 a.m.

03-24-2016 The Association of Specialists in Aging, Mentor Senior Center, Mentor, Ohio 8:30 a.m.

03-25-2016 Eldercare Professionals of Ohio, Hamlet Village, Chagrin Falls, Ohio, 9:00 a.m.

03-26-2016 Cuyahoga Falls Chamber of Commerce, Community Expo, Natatorium, Cuyahoga Falls, Ohio, 9:00 a.m.

## Newsletter Archive

Past issues of this newsletter can be found in the [newsletter archive](#) on the firm's website, [ProtectingSeniors.com](http://ProtectingSeniors.com).

## Contact Jim Koewler

If you'd like to contact Jim, this newsletter has a dedicated [contact page](#) on the firm's blog site, [ProtectingSeniorsNews.com](http://ProtectingSeniorsNews.com).

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