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## Seniors and Special Needs News - March 18, 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 Services Available

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. The [February 25, 2016](#) installment discussed medication management. The [March 4, 2016](#) installment discussed hiring someone to help with activities of daily living. The [March 11, 2016](#) installment discussed technologies that can make it easier for an aging adult to stay home. Today's installment will discuss services that can make it easier for an aging adult to stay home.

One of the biggest needs for a senior to stay in his or her home is nutrition. Mobile Meals or Meals on Wheels is available in many areas for seniors of limited means. These services will deliver balanced nutritional meals to seniors in their homes. The meal delivery is also a social interaction for seniors, some of whom have very little contact with others. Many meal delivery volunteers get big smiles and hugs just because they show up at a senior's home.

In many areas where there are a sufficient number of seniors, congregate meals are available at senior centers, community centers, or churches. These

congregate meals (usually at lunchtime) offer a nutritious meal at little or no cost. Because it is a congregate meal, it also offers socialization. It's a chance to visit with others. It is also a chance for others to see the senior on a regular basis. The people who host the congregate meal see the same diners on a regular basis. If someone doesn't show up, the hosts will notice. If a diner is starting to have trouble getting around, trouble remembering, or shows signs of difficulties, the hosts can check with the senior and/or family members.

With luck, the senior lives in a neighborhood where the neighbors are friendly. If at least some of them are friendly, the neighbors can be a support "service." Neighbors can check on each other or run errands together.

The telephone also helps. Someone calling a senior every day "just to talk" or to check in has the added benefit of knowing that the senior can get to the phone and "sounds okay." It's less immediate than a medical pendant, but it's socialization and reassurance for both the senior and the caller.

If the senior has a disease that causes dementia, the Alzheimer's Association can provide a great deal of advice and can put the family in touch with a great number of resources and other services. If the senior suffers from Parkinson's, the Parkinson's Association can provide advice, resources, and links to useful services. Likewise, a number of non-profit organizations can make advice and support available to the senior and family. Often, these organizations focus on a particular chronic condition. In some areas, a United Way agency may offer the same sort of advice and referrals without being linked to a particular condition.

More and more Adult Day Care services are opening. Adult day care services offer a chance for the senior to get out of the house (i.e., a little variation on the daily routine) and socialization. Lunches and sometimes breakfasts, as well as snacks, are available. Adult day services provide activities, and many times those activities are forms of covert rehabilitation for the senior's chronic issues.

A local senior center may offer a number of services similar to Adult Day Care. There will be less structure than Adult Day Care, but still senior centers many times offer a great deal of structure. Structured or not, senior centers offer companionship and someplace to go outside the house. (Senior Centers with pool tables seem to attract a great deal of men, I've noticed.) As mentioned above, senior centers often have a congregate meal. Also, they frequently offer informational programs or support groups for seniors and family members.

Companion Care services are also available. These services are similar to in-home care, but they don't provide actual hands-on care. Companion Care

doesn't offer (or rarely offers) help with bathing, dressing, toileting, feeding, getting in and out of bed or a chair, or other "activities of daily living." Help with those needs falls under non-skilled home care (as discussed in the March 3, 2016 installment.) Companion Care may offer meal preparation, medication reminders, laundry, light cleaning, and (as the words "companion care" imply) companionship for the senior - someone in the house spending time with the senior.

A one-stop-shop that can put the family in touch with the many of the services described above as well as a great number of other services is the local Area Agency on Aging or the county Department of Aging. These organizations attempt to "know everyone" who can help seniors. Area Agencies on Aging and Departments of Aging do an incredible job connecting seniors with support services.

## 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

03-17-2016 People with #SpecialNeeds help #CommunityGarden flourish <http://ow.ly/Z7VMZ>

03-16-2016 #CompassionFatigue: The #Emotional roller-coaster of the #FamilyCaregiver <http://ow.ly/Z7Ltb>

03-15-2016 Introductory discussion of #LongTermCareInsurance <http://ow.ly/Z7Ltb>

[://ow.ly/Z7R75](http://ow.ly/Z7R75)

03-14-2016 Different approach to prevent #Loneliness & #Depression in "LongTermCare <http://ow.ly/Z7JVv>

03-13-2016 #Medicaid for #LongTermCare <http://ow.ly/Z7THZ>

03-12-2016 #Voting and #OlderAdults <http://ow.ly/Z7Gdc>

03-11-2016 When an #AgingParent wants to stay #Home, #Technology tools might help <http://wp.me/p47F09-i9>

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**

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 ABLE Accounts for people with special needs at a meeting of the Special Needs Network at the Cuyahoga County Library branch in Brecksville, Ohio.

3-30-2016 Jim Koewler will discuss Legal Issues when someone has Dementia at Marymount Hospital in Garfield Heights, Ohio. Continuing education credit is available for social workers, counselors, and nurses.

4-7-2016 Jim Koewler will discuss Ethical Issues in Case Management and Discharge Planning at Fairview Hospital in Cleveland, 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 Ethical Issues in Case Management and Discharge Planning 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.

6-6-2016 The Koewler Law Firm will provide snacks for Senior Movie Day Out for Soprema Senior Center in Wadsworth, 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**

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.

03-25-2016 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.

03-30-2016 Special Needs Net, Public Library, Brecksville, Ohio, 9:00 a.m.

03-31-2016 The Association of Specialists in Aging, Mentor Senior Center, Mentor, Ohio 8:30 a.m.

04-05-2016 Montrose SeniorCare Networking Group, Panera Montrose, Bath, Ohio 8:30 a.m.

04-05-2016 Stow ElderCare Networking Group, Corner Cup Coffee House, Stow, Ohio, 9:00 a.m.

04-06-2016 Canton Senior Expo, Canton, Ohio, 8:00 a.m.

04-06-2016 Stark Senior Services Network, Myers Lake Ballroom, Canton, Ohio, 9:00 a.m.

04-06-2016 Richfield Chamber of Commerce luncheon, Richfield Days Inn and Suites, 11:45 a.m.

04-06-2016 Medina County Senior Services Network's Client Services Committee, Sully's, Medina, Ohio, 3:00 p.m.

04-08-2016 Eldercare Professionals of Ohio, O'Neill Healthcare Lakewood, Ohio, 9:00 a.m.

04-08-2016 Professional Networking Group of Cleveland, Chagrin Fall Senior Center Health Fair, Chagrin Falls, Ohio, 9:30 a.m.

04-13-2016 Medina County Senior Services Network, Elmcroft Senior Living, Medina, Ohio, 8:00 a.m.

04-13-2016 Summit Senior Sales, Administration and Marketing Association, Maplewood at Cuyahoga Falls, Cuyahoga Falls, Ohio 2:30 p.m.

04-14-2016 Lorain County Senior Services Network, Welcome Nursing Home, Oberlin, Ohio, 8:30 a.m.

04-14-2016 Wadsworth Older Adults Foundation Senior Prom, Wadsworth Hight School, Wadsworth, Ohio, 6:00 p.m.

04-18-2016 Medina County Senior Services Network's Education Committee, Yours Truly, Medina, Ohio, 11:30 a.m.

04-20-2016 Professional Association Specializing in Seniors ("PASS"), The Weils of Bainbridge, Chagrin Falls, Ohio, 8:30 a.m.

04-20-2016 Aging Services Network East, Richmond Heights Hospital  
Health Fair, 10:00 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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