

RESOLVING THE CONFLICT
OF ELDERCARE

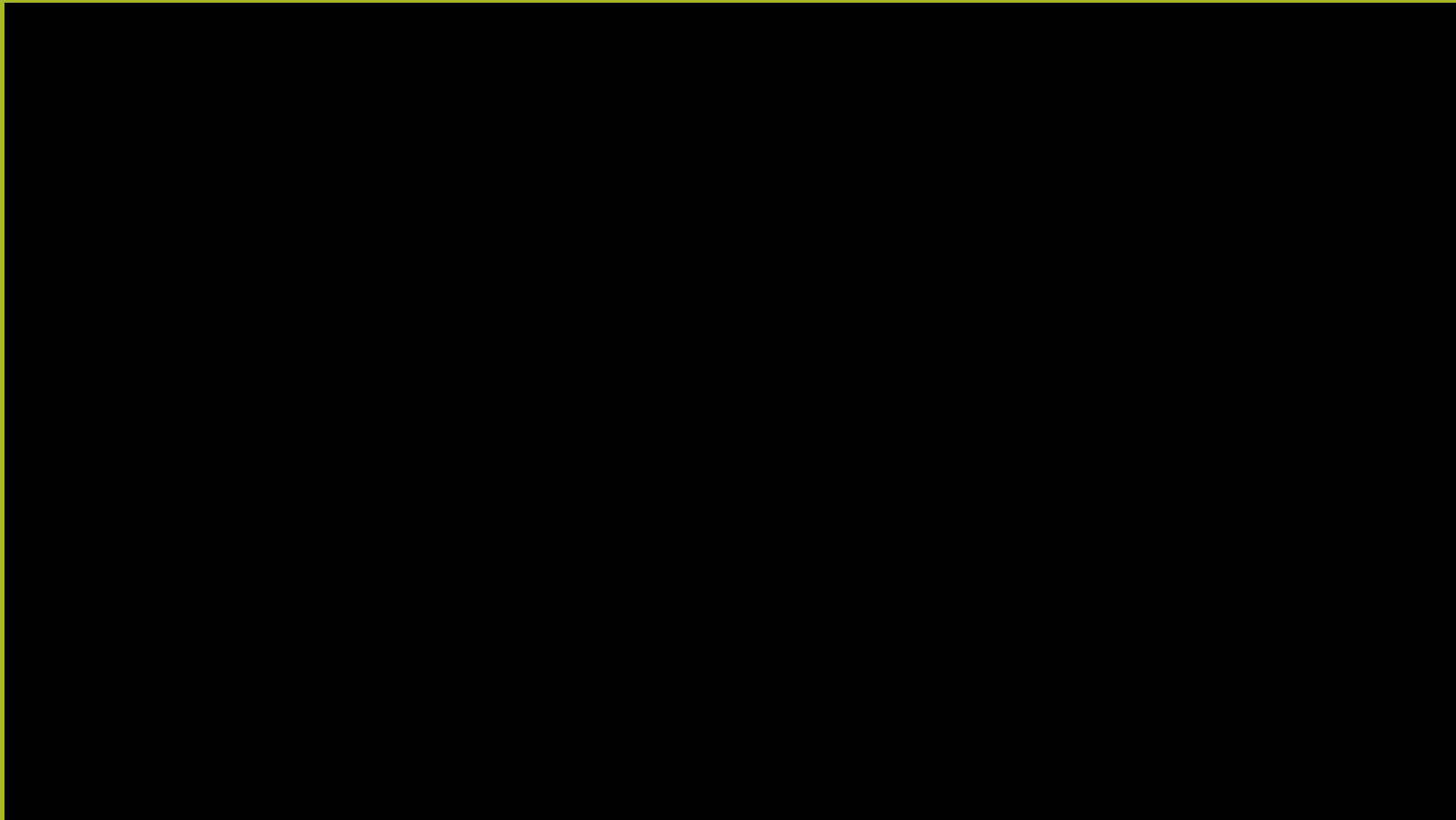
When Siblings Can't Agree

MOM ALWAYS LIKED YOU BEST

When it is time for adult children to help Mom or Dad, brothers and sisters rarely agree on what that looks like



**ELDER ABUSE - LEARN THE SIGNS
AND BREAK THE SILENCE**



KNOWING WHERE TO START ADDS TO THE STRESS

Finding the right professional or service is very important to start the process.

A realistic evaluation of your parent's needs is the best place to start.

- *Health

- *Abilities

- *Financial

Once the evaluation is complete then a plan can be devised with the input of the family



ELDERCARE PROFESSIONALS

- **Geriatric care managers focus on assessment, resource needs & monitoring**
- **Elder law attorneys focus on legal documents and legal issues**
- **Psychotherapists focus on restorative mental health**
- **Elder Mediators focus on current or potential conflict**

Geriatric care managers generally provide assessments within a few weeks and may continue to assist families over months or even years.

Elder law attorneys usually complete activities within several months (or longer)

Psychotherapists meet regularly with patients, for short-term or longer duration.

Elder Mediators typically complete the process within a short time period.



UNFORTUNATELY

MANY OLDER ADULTS AND THEIR FAMILIES WAIT UNTIL
A CRISIS OCCURS BEFORE SEEKING ANY TYPE OF
PROFESSIONAL ASSISTANCE.

Thanks to the Baby Boomer generation Eldercare Mediation is the fastest growing genre of mediation.

The 2014 census says there are 76.4 million Baby Boomers in the United States,

Everyday hundreds if not thousands are having to make decisions for their parents in their declining years



ELDER MEDIATION MAY INVOLVE DECISION-
MAKING AROUND SUCH ISSUES AS:

- Living arrangements, including long-term care
- Health care decisions and end-of-life planning
- Caregivers (family or agency), personal and household care
- Understanding the plan for your parent
- Decisions of who will have what responsibilities
- Financial obligations, who will handle them and safeguards

- Driving and Independence
- Guardianship
- Lifestyle and extended families
- Up to date wills and directives
- Finances – are they in place to make the wishes a reality?
- How will the issues that arise be handled?

10 THINGS YOU SHOULD KNOW ABOUT YOUR PARENTS' FINANCES

1. Do they have a durable power of attorney, and where is it?
2. Where do they keep their financial records?
3. What are their monthly expenses?
4. How can I pay their bills if necessary?
5. What kind of medical insurance do your parents have in addition to Medicare?

EXPECT PROBLEMS

Even the best made plans can go terribly wrong, especially where families are concerned

Unresolved or unrecognized problems can lead to abuse

Emotions such as fear, guilt and anger are legitimate but dangerous

Over promising and changes in family life can be a real problem



WORK AS A TEAM

By having more than one person doing the health care, daily living needs and finances there is less chance of abuse.

10 TIPS FOR FAMILY CAREGIVERS

1. Seek support from other caregivers. You are not alone!
2. Take care of your own health so that you can be strong enough to take care of your loved one.
3. Accept offers of help and suggest specific things people can do to help you.
4. Learn how to communicate effectively with doctors.
5. Caregiving is hard work so take respite breaks often.

6. Watch out for signs of depression and don't delay in getting professional help when you need it.
7. Be open to new technologies that can help you care for your loved one.
8. Organize medical information so it's up to date and easy to find.
9. Make sure legal documents are in order.
10. Give yourself credit for doing the best you can in one of the toughest job there is!

BEING AWARE OF POTENTIAL ABUSE

Abuse happens in even the best families

There is NO Shame in admitting you need help

It does not make you a bad person to realize you can not take care of your parents. No one can do it by them self.

You become a bad person when you let it go on too long and you loose your grip on what is right and wrong. Ask for help at the first sign of burnout.

