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Top Ten Reasons to Use the Services of a Professional Aging Life Care Manager

Care managers can help families find better, more efficient ways of providing care for a loved one. They act as a guide through the maze of long-term care services and providers. Just as hiring an attorney or CPA helps you through difficulties in the legal or tax arena, hiring a care manager who has years of experience can help you through making major, life-altering decisions. When an aging parent or loved one need to have options and resources, it's the care manager who is best suited to lay out all of the possibilities for you and then help you achieve the goals.

1. **Assess the level and type of care needed and develop a care plan:** Meeting face to face with your loved one and their environment, a care manager can assess what is needed and offer choices and options. Together with the senior and family, a care plan is developed taking into consideration all of the concerns.
2. **Find appropriate solutions to avoid a crisis:** Oftentimes there is something going on that will result in a crisis if not managed. Care managers are able to see “down the road” of potential complications and devise a working plan to avoid a crisis.
3. **Coordinate medical information and appointments with providers:** The health care system is fragmented and in need of a “quarterback” to bring the team together. The care manager serves as the “quarterback” of care. All medical records and medication lists are obtained and a comprehensive approach to care is utilized to ensure that the client receives the very best care in lieu of all the involved providers. Accompanying to medical appointments and relaying vital information and observations helps ensure that the proper medical care is being received.
4. **Managing the oversight and direct care of a loved one when there are out of town families:** You don't have to wonder what is going on. Your care manager makes visits to be your eyes and ears, then reporting to you. This can be beneficial whether at home, in assisted living or memory care or even skilled nursing facility.
5. **Coordinating the efforts of key providers to ensure the best use of resources:** Legal and financial advisor become a key provider for long term care planning. But, so do the procurement of durable medical equipment, or home adaptation, or the need for home

care assistance. These are just some of the providers that can be selected and managed in caring for your loved one.

6. **Being a advocate, especially if your loved one is hospitalized:** The comfort of knowing that an “insider” to the healthcare team is advocating for your loved on your behalf can reduce stress and be an encouragement in the entire ordeal.

7. **Resolving family conflicts and issues that relate to long term care of your loved one:** Let’s face it, some family members are more involved than others. Many times there are hurt feelings and poor communication. The care manager can help to resolve many issues through education, understanding and communication within the family unit.

8. **Conducting ongoing assessment and implementing changes that are needed in the care plan:** Aging is a dynamic process. Being aware of changes in condition proactively can avoid unnecessary stress and hospitalizations. The care manager is an expert in identifying changes in condition and making sure that communication to the physician is handled with a sense of urgency. Following through with possible medications or therapies are part of the ongoing care that your care manager provides.

9. **Oversee the care providers and ensure that the right team members are performing at their best level:** There’s a saying in business, “inspect what you expect”. Having a care manager to oversee the care at home or a facility keeps all of the team members performing at their best. If a change is needed, the care manager will report what behaviors are occurring and suggest another option. Sometimes it is education that is needed and the care manager is able to share the insight into care practices.

10. **If care at home is not the best choice, assistance with the proper placement in assisted living, memory care or skilled nursing.** Not only will the selection of placement be offered based on your needs and personal preferences but the ongoing oversight to ensure that the facility is performing the care plan at the highest level.

For More Information: www.MettaJohnson.com or by calling 404-402-6027

The Metta Johnson & Associates, Care Management Firm is dedicated to helping you, your loved one and family to have the least amount of stress when managing the many factors in senior care. Having helped families in Atlanta for over 15 years, the team of 7 care managers are well able to serve you and your loved ones needs. It’s like having a nurse and social worker in the family! Give us a call today to learn how we can help your loved one. 404-402-6027.