

AssuraSource is Affordable Life Care. We are experts in Life Care. Our experts work with each family to create a customized plan that addresses the ever-changing needs of their loved ones.

Let AssuraSource show you how we can help your loved ones maintain their independence while you retain peace-of-mind.

AssuraSource
Tending to loved ones
- as you tend to life.

12700 Hillcrest Road
Dallas, Texas 75230
972-233-1010

www.assurasource.com



**Are you
prepared to
assist an
aging loved
one?**



It's inevitable that all of us will need assistance as we get older

To be prepared for that time here are some things you should consider:

1. Initiate discussions about future care preferences
2. Complete Advanced Directives which include:
 - a. Durable Power of Attorney
 - b. Medical Power of Attorney
 - c. Directive to Physician
3. Ask basic questions about financial information such as:
 - a. Where are important documents stored?
 - b. What health insurance is there?
 - c. Is there a long term care policy?
 - d. Does a family member have access to bank accounts?
 - e. Are the services of a financial planner needed?
4. Verify that there is a will.
 - a. Contact an Estate Planning or Elder Law Attorney if there is no will or if there are estate issues.
5. Assess the safety of the home:
 - a. Are there obstacles such as throw rugs, clutter or extension cords that can lead to a fall?
 - b. Are there stairs and hand railings?
 - c. Are there grab bars in the tub or shower?
 - d. Are pots and pans stored within easy reach?

A professional geriatric care manager can provide assessments of the home and help you with all of the above listed items

How do you know when it's time to ask for help?

All too often, our loved-ones will tell us that things are just fine, feeling that they can handle things on their own, while fearing the loss of their independence. But every person is different and their needs change over time. We've developed a check list to help you determine whether it's time to look into professional Life Care assistance.

Check all that apply. My loved-one:

- Has recently fallen or is partially disabled
- Is forgetful
- Has forgotten to pay a bill
- Has trouble getting in or out of the tub
- No longer drives or struggles with driving
- Has a complicated medication regimen
- Requires vital-sign monitoring
- Has difficulty preparing meals
- Has failing eye sight
- Has security concerns
- Is caring for another aging or injured loved one
- Struggles with stairs
- Need assistance with shopping and errands
- Needs help sorting mail
- Needs assistance with grooming
- Needs assistance with lawn care
- Needs assistance with home repair
- Needs assistance with bill paying and money management
- Lives far away
- Is reluctant to speak about day-to-day challenges
- Has too many needs for me to handle without some assistance

Only you can determine how many checks are too many.

If you need information about health matters or caregiver resources, you may also want to explore the websites below:

www.aarp.org American Association of Retired Persons (AARP)

www.cancer.org American Cancer Society

www.alz.org Alzheimer's Association

www.aahcp.org American Academy of Home Care Physicians

www.aahomecare.org American Association for Home Care

www.cms.gov Centers for Medicare and Medicaid Services

www.caregiver.org Family Caregiver Alliance

www.caremanager.org National Association of Professional Geriatric Care Managers

www.medicare.gov Medicare

www.naela.com National Academy of Elder Law Attorneys

www.nfcares.org National Family Caregivers Association

www.ssa.gov Social Security Administration