



***A Way to Give
and to Receive***

About Seniors Helping Seniors

- National Company – founded in Reading, PA in 1998 by Kiran and Philip Yocum
- Expanded nationally thru licensing model – 150+ programs in US
- Kiran developed a deep sense of compassion and desire to lend support to others after working with Mother Theresa for 14 years in India



The Concept

- Many elderly people living alone with little contact or support from others - need options to bring caring and compassionate assistance
- Retired seniors looking for ways to remain connected, help others, earn some extra money to supplement retirement income
- Put the two together –
benefits Provider and Receiver



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Our Caregivers are Employees

- Healthy, active, older adults
- Retired from a variety of fields
- Want to give back and supplement retirement income
- Carefully screened
 - Thorough background check
 - Clean DMV record
 - TB tested
 - Workers Compensation, Liability insurance, bonded



Seniors Helping Seniors Orange County and San Diego

The Mission of Seniors Helping Seniors® is to provide seniors with the services that allow them to choose an independent lifestyle in their own homes and be treated with the dignity and respect they deserve.



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Our Inspiration

The inspiration for our family owned and operated company..... *Jack*



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Our Goals:

- Offer services that make life easier for seniors who are losing physical or cognitive capabilities:
 - Loss of mobility and independence
 - Dementia/Alzheimer's Disease
 - Complications related to chronic illness
 - Recent surgery
 - No longer able to drive
 - Isolated
- Provide respite to family members who care for seniors
- Match clients with caregiver's who have like personalities and interests



Services We Offer:

- Companionship
- Light housekeeping
- Meal preparation
- Transportation
- Errands
- Medication reminders
- Dementia care
- Overnight stays
- Personal care
- Family respite



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Evaluating Safety of a Senior Living Alone – Ask and Monitor!

- Does the senior know how to leave the home if necessary, know where the exits are and how to use the locks?
- Do they stay close to home or have they started wandering?
- Can they identify warning signs such as smoke from the kitchen or the ringing of a fire alarm?
- Are they able to use the phone competently, communicate their address correctly and able to dial for emergency services?



Safety

- Are they able to handle their money responsibly? Reviewed their checkbook?
- Is their medical condition stable? Do they have frequent emergencies that require immediate intervention?
- Are they able to manage their medications without being reminded? Have you monitored this?
- Do they use good judgment about letting strangers into their home? Let emergency responders in?



Safety

- Are they able to get around the house safely, use the toilet on their own, etc.?
- Can they prepare themselves something to eat when hungry? Can they use the stove and remember to turn it off?
- Are they afraid to be alone, have heightened fear of crime or break-ins, make frequent phone calls for reassurance? If they are afraid - sign that they know they are not capable of taking care of themselves.



What if Someone Needs But Doesn't Want Assistance?

- Causes of resistance to care
 - Afraid to relinquish privacy/adjust to new routines
 - Feeling angry or guilty about being a burden
 - Feel it is a sign of weakness
 - Mental health issues/Dementia – difficult to understand they need help
 - Worried about cost of care



Communicating About the Need for Care

- Determine what type and how much help is needed
- Choose a time when everyone is relaxed to initiate discussion
- Enlist help of family/close friends and personal physician
- Ask about preferences –
 - Specific family member they'd like to help
 - Participate in selection of paid caregiver/agency
 - If dealing with Dementia – keep explanations and decisions simple
 - Accommodate preferences
- Be persistent!



Strategies To Convince A Loved One to Accept Help

- **Suggest a trial run** – test the waters and experience the benefits
- **Explain your needs** – make caregiver's life a little easier
- **Remind** that life is about compromise
- **Care might prolong independence** – remain home as long as possible
- **Describe care in a positive way**
 - Respite – an activity they like
 - Emphasize home care provider is friend/companion
 - Day care/senior center – club where they help

These strategies may not work with Dementia – need to be firm if safety is an issue



Other Options

If loved one resists care and safety or self-neglect is involved:

- Enlist help of a professional
 - Geriatric Case Manager
 - Social Services
 - Geriatric physician/Psychiatrist
 - Adult Protective Services in extreme cases
- Guardianship/Conservatorship – last resort
 - Consult experienced elder care lawyer
 - Carries emotional and financial price tag



Caregiving for Loved Ones

- 44 million Americans provide 37 billion hours of unpaid care each year
- Family caregivers are being asked to shoulder greater burdens for longer periods of time
 - Shorter hospital stays
 - Better management of chronic illness
 - Increasing life spans
 - Limited discharge planning
- Brunt of caregiving often falls to female – they tend to experience greatest emotional stress



Family Caregivers at High Risk for:

- Stress related illness
- Anxiety/Depression
- Exhaustion
- Increased use of alcohol and drugs
- Reduced immune response
- Poor physical health/chronic illness
- Increased mortality rates



Self-Care for Family Caregivers

- Pace yourself
- Delegate responsibilities to others especially when fatigue or stress levels are high
- Vent feelings to friends or professionals
- Participate in leisure activities/
- Maintain your social networks
- Join a support group



Importance of Respite

Respite care provides a temporary rest from caregiving allowing the caregiver to re-charge their battery.

- Caregiving is demanding – it is normal to need to take a break
- Seeking help does not make the caregiver a failure – it is a positive step in reducing stress
- Respite can benefit the person being cared for:
 - Interact with others
 - Participate in activities/recreation



Resources for Caregivers

- www.caregiver.org
- www.caregiveraction.org
- www.alz.org
- www.medicare.gov/campaigns/caregiver/caregiver-resource-kit.html
- <http://www.aarp.org/home-family/caregiving/>

