



## what is a geriatric care manager?

### **what is a care manager?**

Professional geriatric care managers are experts in aging. We receive advanced training in health and human services (social work, psychology and nursing, for example) and obtain certification in care management.

### **when do I need a care manager and what will she do for me?**

You may need a care manager if you become worried about the safety and well-being of your parent or family member and witness changes such as:

- Increased confusion
- Loss of interest
- Memory problems
- Irritability
- Depression
- Anxiety
- Inability to provide self-care and maintain safety

In the midst of these changes, you may be faced with making important decisions about what you should do. You may wonder whether it's possible to keep mom or dad at home or have questions about how to find quality services at a reasonable price. It can feel pretty overwhelming figuring out where to start and coming up with a plan. As your very own trusted consultant, your care manager helps you understand what's going on and plots a course through the maze of alternatives; she supports you every step of the way.

### **who will benefit?**

Care management services are beneficial for families who need professional guidance, those experiencing family conflict, juggling multiple commitments, providing long-distance caregiving, or have limited time. Older adults without family support will also greatly benefit.

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### **what are the advantages?**

By working with a geriatric care manager, you will be able to make informed decisions about your options. A care manager can facilitate difficult discussions and provide recommendations about the best course of action for your unique situation. Working with a geriatric care manager helps you feel confident that you're making the best choices possible.

### **how does it work?**

Once an evaluation is complete and issues are identified, a plan of care is developed. A care manager will then assist to implement recommendations and monitor the situation on a regular basis.

Families who work with care managers find they save valuable time and money. Not to mention, they experience peace of mind, reassured there is a knowledgeable professional to turn to for help.

