

# Aging Care<sup>®</sup>

WWW.AGINGCARE.COM

Winter 2016

CONNECTING CAREGIVERS

## 5 Must-Have Legal Documents *for Seniors and Caregivers*

**WHY I IGNORED  
THE DOCTOR'S  
ADVICE**

## Eating for ZZZs

DIET STRATEGIES FOR  
A SOUNDER SNOOZE

## It's Okay to Ask for Help

CAREGIVERS SHARE  
THEIR REASONS  
FOR REACHING OUT

Lauren Miller Rogen  
discusses how laughter  
can be a powerful tool  
in the fight against  
Alzheimer's disease

**Featuring:**  
**THE PREFERRED  
ELDER LAW  
ATTORNEY  
DIRECTORY**

➔ **Harnessing  
Hilarity For  
Charity**

LOOK INSIDE: HOW TO GET YOUR FREE CAREGIVING GUIDES

# Helpful Resources for You and Your Family

AgingCare.com provides caregivers with the information and resources they need to care for their loved ones so they can enjoy their time together more and worry less.



## Home Care Services

### FIND HOME CARE

Our Home Care Referral Program assists families in finding in-home care services. A care advisor will assess your needs and assist in arranging free in-home consultations with local agencies.

**Speak with a Care Advisor 1 (888) 495-8727**

Visit [www.AgingCare.com/Find-Home-Care](http://www.AgingCare.com/Find-Home-Care)

## Senior Housing Services

### FIND SENIOR HOUSING

Senior housing includes Assisted Living, Independent Living and Memory Care Communities. Have a care advisor provide you with pricing information, availability and a list of services for communities in your area.

**Speak with a Care Advisor 1 (888) 848-5698**

Visit [www.AgingCare.com/Find-Senior-Housing](http://www.AgingCare.com/Find-Senior-Housing)

## Alzheimer's Services

### FIND ALZHEIMER'S SERVICES

Get answers and support to help you face the challenges of caring for a loved one with Alzheimer's or dementia. Our care advisors will assess your needs and provide you with information on In-Home Care Services and/or Memory Care Communities.

**Speak with a Care Advisor 1 (888) 495-8727**

Visit [www.AgingCare.com/Find-Senior-Housing](http://www.AgingCare.com/Find-Senior-Housing)

## Funeral Services

### FREE PLANNING GUIDE

Download a free personal funeral planning guide to help you arrange the perfect memorial for your loved one or yourself. This step by step guide will help to alleviate family stress and ensure that all final wishes are respected.

Visit [www.AgingCare.com/Dignity](http://www.AgingCare.com/Dignity)

# AgingCare

CONNECTING CAREGIVERS

**PRESIDENT**

Joe Buckheit

**VICE PRESIDENT**

Christina Hardy

**EDITOR IN CHIEF**

Ashley Huntsberry-Lett

**CREATIVE DIRECTOR**

Maria Breston

**CONTRIBUTING DESIGNER**

Dena Verdesca

**CONTRIBUTING WRITERS**

Anne-Marie Botek  
Anna Keizer

**FOLLOW**

AgingCare.com

**TWITTER**

@AgingCare

**FACEBOOK**

Facebook.com/  
AgingCare

—

**INTERESTED IN ADVERTISING**

Call Shane Manville  
(239) 594-3244

# Who Cares for the Caregivers?



Tens of millions of Americans are providing regular care for their aging family and friends. A significant portion of these caregivers are simultaneously raising children and building careers. Regardless of age and family situation, caregivers around the world face similar challenges. Many need reminding from time to time that assistance is available and accepting it is not a sign of defeat. Rather, it is a sign of good judgment and indicative of an ingrained sense of responsibility and commitment to their loved one's wellbeing.

This issue of AgingCare Magazine focuses on empowering caregivers to help their loved ones by helping themselves. Adequate planning for long-term care is a simple first step that will ensure families are prepared legally and financially for whatever may lie ahead. The national Preferred Elder Law Attorney Directory is a useful starting point for families who have not yet begun this process.

Actress Lauren Miller Rogen reveals how her personal experiences with Alzheimer's motivated her to use comedy as a tool to raise funds and awareness for people affected by this disease and other forms of dementia. Along with her husband, Seth Rogen, and several friends, Lauren helped to launch Hilarity for Charity which has raised millions for in-home care grants, research and other supportive programs.

A blogger shares her touching story about how she found the strength to let her father make his own life-changing decision. Members of the AgingCare community come together to

describe the often overlooked lighter side of caregiving and offer advice on how to help a loved one accept changes in their care routine.

You'll discover diet tips for a better night's sleep as well as a recipe for a quick and nutritious bedtime snack.

Caregivers frequently embark on this journey alone or become isolated by their responsibilities, but it should not and does not have to be this way. Men and women like you deserve a cohesive support system to help them through this process.

Remember: achieving a balance between selflessness and self-preservation is possible.

Ashley Huntsberry-Lett  
Editor in Chief, AgingCare.com

## INSIDE OUR WINTER 2016 ISSUE

11	→	5 Must-Have Legal Documents for Seniors and Caregivers	
14	→	WHY I GIGNORED THE DOCTOR'S ADVICE	
6	→	Eating for ZZZs: DETRIMENTAL FOR A GOOD NIGHT'S SLEEP	
4	→	It's Okay to Ask for Help: CAREGIVERS SHARE THEIR REASONS FOR REACHING OUT	
12	→	Featuring: THE PREFERRED ELDER LAW ATTORNEY DIRECTORY	
4	→	LOOK INSIDE: HOW TO GET YOUR FREE CAREGIVING GUIDES	
			← 8

Cover image by Jin-Woo Prensena

©2016 AgingCare, LLC. All rights reserved. No part of this publication may be reproduced in any form by any electronic or mechanical means without the publisher's prior written permission. Opinions expressed by contributors and advertisers are not necessarily those of the publisher.

**DISCLAIMER** AgingCare.com is published by AgingCare, LLC, 9015 Strada Stell Court, Suite 203, Naples, Florida 34109. (239) 594-3222. AgingCare, LLC makes every effort to ensure the accuracy of the information contained herein and AgingCare, LLC shall not be held liable for any errors or omissions. The information provided in this publication is not intended as medical advice and should not be used as a substitute for obtaining proper medical, legal, financial or other professional care or services.

Download  
These  
Ebooks  
**FOR FREE**

[AgingCare.com/Guides](http://AgingCare.com/Guides)

## Caregiver to Caregiver

[AgingCare.com/Caregiver-Forum](http://AgingCare.com/Caregiver-Forum)

# It's Okay to Ask for Help...

Caregivers often have a difficult time admitting that they may need a bit of assistance. Sometimes all a caregiver needs to do is acknowledge that they are doing their best, that their needs are also a priority, and that their loved one could benefit from outside help as well. Even if a caregiver realizes that they need help, it can still be challenging to get an elder to accept it. Many loved ones are stubborn or afraid of change. How you introduce this idea can have a significant impact on how they react. The following tips are from fellow caregivers on [agingcare.com](http://agingcare.com).



### Home is Where the Help is

This guide will assist you in setting up the ideal in-home care situation for your loved one.



### The Caregivers' Guide to Veterans Benefits

Find benefits programs, eligibility requirements, and applications for veterans and their family.



### Facing Alzheimer's with Strength and Grace

The most thorough guide on caring for someone with Alzheimer's. Learn from experts, caregivers and patients.



### The Caregivers' Survival Guide

This guide will help you prepare for your role as a caregiver legally, financially and emotionally.

“You need to take care of yourself or you're not going to be any good for them or anyone else. Get a plan in place, no matter how difficult and daunting it seems, and proceed. I'm in a state of mind now where I'm amazed I had the strength to make it all happen, but I did. If I can make the tough call, I know that you can too.”  
—windytown

“We have absolutely got to learn how to take care of ourselves. We think it's selfish when we get burnt out and become snappy and short tempered, but we are human and can't do it all. Even though I don't know you, I can tell you out of love and respect from one caregiver to another that we can't be any good to our loved ones if we aren't good to ourselves.” —Shepherd15

“Sometimes I try to compromise and satisfy at least part of a request. For instance, my dad may ask for a male health care worker to assist him or I know that he has difficulty with accents, so I try to find someone who is a native English speaker.” —Jem813

“Asking for help is not a sign of weakness. It is a sign of strength, knowing what one person is capable of handling and then seeking assistance.” —littletonway

“If you have already surpassed your expectations for yourself, it is time to let go a little and make other arrangements for their care. You will find the peace you have earned.” —tpfzowie

“Remember: 'if it is to be, it is up to me.' Any changes must start with you. I think most of us caregivers end up crashing and burning before we finally realize it is up to us to initiate change. I have finally put myself on the 'list' of people who need to be cared for. Take care of yourself too.” —oldcodger2

“If you're one of life's copers, perhaps you think, somehow, that you ought to be able to manage your family without breaking stride and with a smile on your face. Be fair! Have a good, critical look at your workload, and see what it would most help you to share. Then ask.” —Countrymouse



Find more tips on [AgingCare.com/Caregiver-Forum](http://AgingCare.com/Caregiver-Forum)

“This obligation does not mean that you have to personally do everything yourself. Your obligation is to make sure that they are loved and cared for in the best way possible. If this means ultimately having to place them in a nursing home, it does not mean you failed your obligation. All we can do is take it

one day at a time and hope things don't get beyond our abilities.”  
**-JessieBelle**

“Most older folks don't like any kind of change. They'd prefer to have their own child providing care to anyone else, so face the fact that your loved one may resist. But that's not a reason

not to do what is best for both of you.” **-blannie**

“We were able to persuade an elderly friend to try various facilities on a temporary basis. She went through three of them before settling down in an Alzheimer's facility, but knowing that her home

was intact during this process gave her a sense of safety and security and made the transition less abrupt. It was less disorienting for her, less depressing, and she retained a feeling of control during a stressful and frightening time of life.” **-Stephan**

“Let them feel like they have a say. Even dementia patients have ins and outs of memory. I think many are more aware than you think. There is room for kind persuasion. If they feel like they have some control, life is better all around.” **-newtonjoyce**

“Nobody wants to go into long-term care. Nobody wants to put someone in long-term care, but we have to live in the real world where none of us are super heroes.”  
**-sandwich42plus**

## Comfort Shield<sup>®</sup> Incontinence Care

*3-in-1 Barrier Wash Cloths for preventive care*

- Cleans
- Treats
- Protects

*Prevents redness, irritation and skin breakdown due to incontinence moisture by applying our signature 3% dimethicone barrier cream.*

There's no need for other wipes, creams, lotions, or protectants—Comfort Shield does it all without leaving behind a filmy residue or hard to remove caked-on cream. Each thick, ultra-soft cloth is soaked in rinse-free cleansers, moisturizers, and, Exophenyl- an exclusive ingredient that helps to eliminate odors, leaving you with a breathable barrier that seals out incontinence moisture for the ultimate in prevention.

TRUSTED  
#1  
by surveys & caregivers

SAVE 20%  
OFF YOUR FIRST ORDER

USE CODE: AC20 AT CHECKOUT

To learn more and order:  
Visit [Shopsageproducts.com](http://Shopsageproducts.com) or call 888-726-7279

2/2/14 © 2015 Sage Products



# Diet Strategies *for a* Sounder Snooze

BY ANNE-MARIE BOTEK

Being mindful about what you and your loved one eat and drink in the evening can help you both get a better night's sleep.

**A** good night's sleep is not just a luxury—it's essential for maintaining short- and long-term health. But counting sheep isn't the only way to get yourself to sleep. What you eat right before you go to bed can also play a role. Knowing what, when, and how much to eat and drink can up your chances for a sound snooze.

## KEEP BEVERAGES VIRGIN AND DECAF

If you want quality rest, stay away from alcohol and caffeine in the hours preceding your bedtime. Alcohol, which is a depressant, can help you fall asleep, but it won't help you stay that way. Alcohol interferes with normal sleep cycles by preventing you from falling into the deeper stages of sleep and causing you to awaken multiple times throughout the night. On the opposite end of the spectrum lies caffeine. According to the American Academy of Sleep Medicine, it can take anywhere from 8 to 14 hours for the stimulating effects of caffeine to fully wear off. It's a good idea to avoid common sources of caffeine like coffee, tea

and chocolate at least a few hours before hitting the hay.

## MASTER MELATONIN

Melatonin is a hormone produced by the brain that plays a big role in regulating sleep cycles. Light is the ultimate mediator of melatonin production. When daylight fades, your body begins to churn out more of this sleep-inducing chemical. It is also available in supplement form and is a popular alternative to prescription sleep aids. As a person ages, they generally become less capable of producing this hormone. Cherries are one of the few foods that are a natural source of melatonin. Other foods, such as bananas, some fish (salmon, tuna and cod), pistachios, peanut butter, chickpeas and fortified cereals, contain significant amounts of vitamin B6, which is a key component of melatonin production.

## PETITE PORTIONS

The Mayo Clinic advises hungry insomniacs to keep their midnight meals small and low-fat. A big meal can make you feel bloated and may cause painful heartburn. A small bowl of cereal or a banana with a bit

of peanut butter will generally be enough to fight off hunger pangs so you can get some shut-eye.

## INSUFFICIENT NUTRIENTS CAN MEAN INSUFFICIENT SLEEP

A rumbling tummy and certain vitamin deficiencies can contribute to insomnia. For instance, research has shown that maintaining a healthy level of vitamin D is essential for sound slumber. Aim for a nutrient-rich nighttime snack including fortified foods such as cereals, orange juice, dairy products and eggs.

## CARBS AND PROTEIN ARE A DREAMY DUO

Consuming carbohydrates in conjunction with proteins that are high in tryptophan (an essential amino acid found in a variety of different foods including eggs, cheese, oatmeal, potatoes, bananas and poultry) can help you rest easier. Carbs help your brain convert tryptophan into serotonin and melatonin, two hormones that make you more relaxed and drowsy. When planning dinner or making a bedtime snack, it's best to stick with lean proteins and complex carbs such as fruits, oats, whole grains and veggies.



**CHERRY DREAM COOKIES** With absolutely no added sugar, each cookie is only about 100 calories and contains a healthy dose of dietary fiber and essential vitamins and minerals. These “cookies” are easy to make and a great option for a chewy, guilt-free dessert or bedtime snack.

#### INGREDIENTS

- 3 ripe bananas
- 1/3 cup unsweetened applesauce
- 1/4 cup unsweetened almond milk
- 1 tsp vanilla extract
- 1/2 tsp ground cinnamon
- 2 cups rolled oats
- 1/4 cup raw walnuts, chopped
- 1/4 cup unsweetened dried cherries, chopped

#### INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Mash ripe bananas and mix with applesauce, almond milk, vanilla extract and cinnamon.
3. Fold in oats, walnuts and dried cherries.
4. Portion out heaping tablespoons of the dough on a baking sheet.
5. Bake for 15-20 minutes.
6. Store in an air-tight container or freeze to enjoy later.

## Have You Ever Considered Whole Body Donation?

MedCure connects **WHOLE BODY DONORS** from across the U.S. with the physicians and researchers who rely on them to uncover tomorrow's medical breakthroughs.

All donation expenses covered

AATB accredited

Most adults eligible for donation

National coverage

Available 24-hrs/day

**1-866-560-2525**



**MedCure**



SUPPORTING MEDICAL ADVANCEMENTS  
THROUGH WHOLE BODY DONATION

[www.medcure.org](http://www.medcure.org)

# Harnessing Hilarity for Charity

Actress and screenwriter Lauren Miller Rogen discusses how her experiences with Alzheimer's inspired her to help create a new kind of initiative to support families and young people affected by this disease.

BY ASHLEY HUNTSBERRY-LETT

**L**auren Miller Rogen has had plenty of first-hand experience with Alzheimer's disease. As she puts it, "Alzheimer's has been a part of my life literally for as long as I can remember."

As a young girl, Lauren experienced both of her maternal grandparents' struggles with progressive cognitive decline and her family's efforts to support them. Sadly, Lauren's mother, Adele Miller, was also diagnosed nine years ago with Early Onset Alzheimer's disease at the age of 55.

Like most people, Lauren did not fully understand the debilitating progression of this disease or the intensive care that sufferers require until it struck very close to home. "Not until it was my own parent did I really get a front row seat," Lauren admits. "My mom was diagnosed and she got sicker and sicker; it became so clear. She now needs someone with her literally 24/7. It's outrageous."

Although the family was understandably focused on Adele's wellbeing at first, Lauren began to notice that her father was not faring well. He had retired to care for his wife full-time, but it was taking a toll on his physical and mental health. "Him being alone with her at home—it truly seemed like it was killing him," Lauren says. "Every



Left: Lauren Miller Rogen with husband Seth Rogen, mother Adele, brother Danny, and father Scott. Above: Lauren and Seth on the red carpet at the 4th Annual HFC Variety Show: James Franco's Bar Mitzvah

**Comedy may not come across as the "proper" approach to such a devastating illness, but humor is what Lauren, Seth and her co-founders excel at.**

time I went to visit, he seemed more and more tired. It seemed like he was getting confused too, and that's not who my dad is at all."

Fortunately, the family collaborated to devise a specialized care plan that included round-the-clock home care for Adele and plenty of respite time for her husband.

"I think that so many people that are in this situation don't know where to go. My dad didn't know where to go," Lauren says. "It's been a long road, the last nine years, but we have the best of a terrible situation."

It was this personal experience with caring for her mother and ensuring that her father was also looking after himself that led her to become

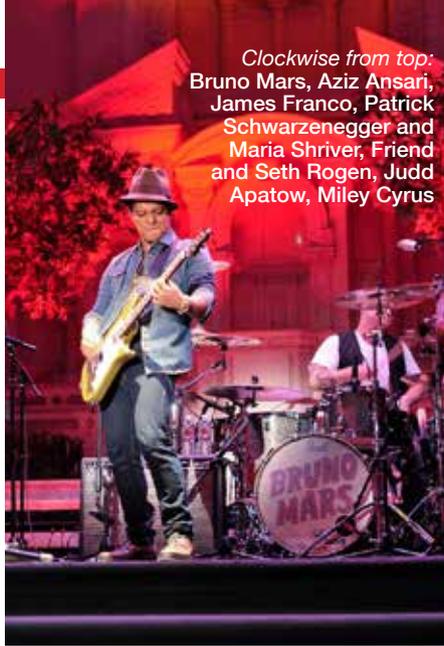
involved in Alzheimer's support and awareness on a larger scale.

## Fighting Alzheimer's with Comic Relief

In 2011, a friend approached Lauren about developing a fundraising event for Alzheimer's disease. The initial goal was to only host a single event that took the form of a star-studded variety show, but they received a surprising response from the public. Lauren and her husband Seth Rogen were contacted by countless people who were grateful to them for sharing their story.

Lauren had been feeling somewhat alone in her experiences with her

Clockwise from top:  
Bruno Mars, Aziz Ansari,  
James Franco, Patrick  
Schwarzenegger and  
Maria Shriver, Friend  
and Seth Rogen, Judd  
Apatow, Miley Cyrus



mother's decline, but the outpouring of support from other young people who could so easily relate gave her solace and a bit of an epiphany. "There are all these people out there," Lauren realized. "This shouldn't just be an event; we can do so much more. We can help people and create programs where they can get involved."

Hilarity for Charity (HFC) blossomed into an ongoing initiative with annual variety shows in Los Angeles featuring prominent comedians, musicians and actors. At first blush, comedy may not come across as the "proper" approach to such a devastating illness, but humor is what Lauren, Seth and their co-founders excel at. Although it was not intentional, comedy ended up being the perfect fit for drawing a younger demographic to the cause.

"Comedy attracts young people, and I was younger when I was affected by Alzheimer's," says Lauren. Alzheimer's is typically classified as "an older person's disease," which automatically limits the contributions that younger generations can make to the fight against this and other dementias. "There wasn't anyone focusing on how young people play a part in this disease or how they are affected by it," Lauren recalls. "We felt that's where our voices best fit in."

Since its first event, HFC has expanded to include sponsored comedy events, a college program called HFC U, and online Alzheimer's and dementia support groups for caregivers under age 40.

## Dementia Care is No Laughing Matter

As Lauren knows, caring for a loved one with Alzheimer's disease can be extraordinarily taxing. That is why HFC partnered with Home Instead Senior Care to create the Alzheimer's and Dementia Care Relief Grant Program. This program is available in the United States and Canada and



offers caregivers with limited support free in-home care services for their loved ones. Access to specialized care increases the likelihood that caregivers will get the respite and assistance they need in order to maintain a happy and stable household.

Since January 2015, the HFC Home Care Grant Program has provided 24,700 hours of care to dementia caregivers. This is a point of deep pride for Lauren. "We've given away thousands of hours of free at-home care to people who wouldn't be able to have a break, keep their loved ones at home or feel any sort of normalcy," Lauren stresses.

In addition to the physical and mental costs of these progressive neurological diseases, these families face exorbitant and typically long-term financial consequences. "My family, we're fortunate that we are comfortable enough that we can help my mom get the care she needs and deserves. If we weren't, we wouldn't be able to afford home care for her," Lauren admits.

## Surpassing the Stigma

According to the Alzheimer's Association, an estimated 5.3 million Americans are living with Alzheimer's. An American develops this disease every 67 seconds, yet widespread public discourse on the topic is still limited.

"I think the biggest issue is the stigma surrounding Alzheimer's," Lauren states. "People who are diagnosed with it or caring for someone with it won't talk about it. They're ashamed, they're overstressed, and they don't have time to talk about it."

The prevalence of Alzheimer's and other dementias will only grow as the baby boomer generation ages. Lauren emphasizes the fact that these conditions don't just affect the person who is diagnosed. Their caregivers, family members and friends are often

# Caregiver to Caregiver

AgingCare.com/Caregiver-Forum

continued from p.9

overlooked collateral damage. They struggle to find adequate support and information. They also plead for a cure.

"People should be talking about this all the time," Lauren urges. "The walks for Alzheimer's should shut down entire cities. As Seth said in his speech to Congress a few years ago, 'Americans whisper the word Alzheimer's because the government whispers the word Alzheimer's.' We need to be shouting it from the rooftops."

HFC encourages individuals of any age to do whatever they can to help further the cause for adequate support and effective new treatments. Even those who are short on time can take a few minutes to pen a letter to congress about the importance of research, spend a few days each month volunteering at memory care facilities and adult day care centers, or spread awareness on their social media accounts.

Each person can do something—even if it is a small gesture—to contribute to this fight. Average people may not have the medical secret to preventing or treating Alzheimer's, but they do have the ability to demand change. "I like to focus on what I *can* do," Lauren reckons. "I feel so incredibly lucky to get to help people. I never thought I would get to do something like this."

## Finding Humor in Dementia Care

**Neurodegenerative diseases steal memories and independence, but they cannot rob families of the ability to find amusement and joy in the time they share together. In honor of Hilarity for Charity's lighthearted approach to Alzheimer's awareness and support, we have collected some of the funniest caregiver moments from AgingCare.com members.**

“My mom and I were sitting on the front porch when she turned to me and said, ‘I like you, will you be my family?’ I said, ‘Sure, Mom, I would love to be your family,’ and she smiled up at me.”  
—whales



“One day Grandma decided she no longer liked the color of her little blue Ford Maverick, so she decided she'd paint it... with a brush and roller and flat red barn paint. It was the talk of the town!”  
—SusanA43

“Dad said he was going to start driving again after six years. Since then his eye sight has faded, so I

reminded Dad of that. Then he said he'd have Mom do the driving. I reminded him that Mom is legally blind. ‘Doesn't matter,’ Dad said. ‘I can tell her when to stop, go and turn.’ Then I had to remind Dad that Mom is also deaf.”  
—freqflyer

“I heard a huge THUD and walked into the kitchen. Dad was sitting on the floor buck naked (again). I asked, ‘What's up?’ Straight as an arrow he said, ‘Those darn thieves stole my clothes and my shoes and tried taking off with my diaper.’ I said, ‘Why didn't they get your diaper?’ He said, ‘I tricked them and didn't wear one!’”  
—ypiffani

“Mom says, ‘YOU STOLE MY PILLS! (blood pressure pills)

I'm calling the police!’ She goes to grab the cordless phone off the counter, but pauses. I can tell she is not sure which object is the phone. She picks up a baking potato instead. I'm thinking, please dial the potato... I know I'm going to hell for this, but I have to see if she dials the potato!”  
—tiredll

“My mom believes the people on TV are real and can see and hear her. The other night I am helping her get to bed, and I notice she still has her teeth in her mouth. I asked her why she didn't take them out when she was in the bathroom. As she crawls into bed to watch her movie, she gestures at the TV and says, ‘Some of the men here are cute! I don't want to take them out 'til later, I might get myself a man!’”  
—TryingToCope10

## Product Showcase

### Wheelchair Ramps, Lifts & More!

Amramp helps people stay safely in their homes for as long as possible providing safe access in, out and around the home.

- Wheelchair Ramps - RENT or Buy
- Stair Lifts
- Vertical & Inclined Platform Lifts
- Portable Showers
- Patient Lift Systems
- Grab Bars and more!

Call 888-715-7599 or visit [www.amramp.com/agingcare](http://www.amramp.com/agingcare)



Financing Available

### #1 TOP RATED MEDICAL ALERT

Did you know that 1 out of every 3 Americans over the age of 65 will experience a near-fatal fall this year?

Featuring wearable options equipped with GPS and Automatic Fall Detection technology, Medical Guardian's reliable and round-the-clock emergency medical monitoring will provide both yourself and your loved ones with the peace of mind that comes with knowing you're protected both at home and on-the-go, 24/7/365.

**DON'T WAIT**—choosing top-rated Medical Guardian could save your life!

Call 1-800-308-8100 to get protected TODAY!  
[www.MedicalGuardian.com](http://www.MedicalGuardian.com)



# 5 Essential Legal Documents for Seniors

Careful legal planning will help to ensure that a loved one's medical and financial wishes are carried out even if they are unable to speak for themselves.

BY ANNE-MARIE BOTEK



It is essential that elders and their families plan for the future by preparing the following legal documents in a timely manner. If you procrastinate, there is no guarantee that your loved one's wishes will be respected or that you will have any say in the management of their health or finances.

**1 HIPAA AUTHORIZATION** The Health Information Portability and Accountability Act (HIPAA) prohibits medical professionals from discussing a patient's health information with anyone but that patient. Unless your loved one has signed a release stating that you are authorized to receive this sensitive information, you cannot access their medical records or talk to their doctor about their condition. Most doctor's offices have copies of this form.

**2 DURABLE POWER OF ATTORNEY (POA)** There are two types of POA (financial and health care), and obtaining both of these is a must for family caregivers. These forms allow a senior to designate a trusted family member as an "agent" who can make monetary and/or medical decisions on their behalf. A durable POA is one that endures even after the elder dies or becomes mentally incapacitated.

**3 WILL** There are many different kinds of wills, each with separate stipulations regarding how assets and property are to be disbursed after an elder dies. A will can only be activated by the death of the individual who prepared it. Without this document, the government decides how wealth and possessions are distributed.

**4 ADVANCE DIRECTIVE** This document lists an individual's detailed preferences for medical treatment in the event that they are unable to make their own decisions due to a serious injury or illness. These specifications will guide doctors and a designated POA for health care in making decisions regarding resuscitation, life-sustaining treatments and comfort measures. Each state has different requirements for how this document should be prepared in order to be legally recognized.

**5 TRUST** A trust is an essential estate planning document that specifies how a person wants certain assets distributed after they die. There are several different types of trusts, each with its own set of rules and requirements for fulfillment. These guidelines also vary by state.

A person who has been diagnosed with Alzheimer's or some other form of dementia can sign legal documents, but only as long as he or she still has "legal capacity" — the ability to make rational decisions and comprehend the consequences of signing.

An elder law attorney can assist with the preparation of legal documents, determine whether a senior still has legal capacity, and provide valuable guidance to help families plan for the future, given their circumstances and personal preferences.

LEARN MORE AT [WWW.AGINGCARE.COM/ELDER-LAW](http://WWW.AGINGCARE.COM/ELDER-LAW)

# Preferred Elder Law Attorney Directory

Adequate legal and financial planning can have a significant impact on how a family fares as loved ones age. An experienced attorney can help guide you through this process with confidence. The nationwide AgingCare.com Elder Law Directory helps families find a legal professional who specializes in all aspects of elder care. Visit [www.AgingCare.com/Elder-Law](http://www.AgingCare.com/Elder-Law).

## ARIZONA

**The Law Offices of  
Kelly J. McDonald, PLLC**  
Phoenix, AZ (480) 525-8551  
[www.probateaz.net](http://www.probateaz.net)

## CALIFORNIA

**Dale E. Grindrod,  
Attorney at Law**  
Monterey, CA (831) 649-7480  
[www.montereytrust.com](http://www.montereytrust.com)

**Estate Preservation Group**  
Oceanside, CA (760) 453-0518  
[www.estatepreservationgp.com](http://www.estatepreservationgp.com)

## COLORADO

**Solem, Mack & Steinhoff, P.C.**  
Englewood, CO (303) 761-4900  
[www.solemlaw.com](http://www.solemlaw.com)

**Jorgensen, Brownell & Pepin, P.C.**  
Longmont, CO (303) 678-0560  
[www.jbplegal.com](http://www.jbplegal.com)

## CONNECTICUT

**Law Offices of Agnes J. Orlowski**  
Hamden, CT (203) 745-4560  
[www.orklowskilaw.com](http://www.orklowskilaw.com)

**Law Office of  
Linnea J. Levine LLC**  
Westport, CT (203) 221-2782  
[www.linnealevine.com](http://www.linnealevine.com)

## DELAWARE

**Street & Ellis, P.A.**  
Dover, DE (302) 724-4960  
[www.streetellislaw.com](http://www.streetellislaw.com)

## FLORIDA

**Anne Desormier-Cartwright,  
Attorney at Law**  
Jupiter, FL (561) 694-7827  
[www.seniorslawoffice.com](http://www.seniorslawoffice.com)

**The Law Office of  
Jeffrey M. Janeiro, P.L.**  
Naples, FL (239) 513-2324  
[www.janeirolaw.com](http://www.janeirolaw.com)



*As Managing Member,  
Mr. Janeiro guides his  
clients through the  
process of creating an  
estate plan using innovative elder  
planning and tax strategies. His  
techniques are based on long term  
goals that provide for the client  
and their loved ones.*

**The Law Offices of  
Hoyt & Bryan, LLC**  
Oviedo, FL (407) 977-8080  
[www.hoytbryan.com](http://www.hoytbryan.com)

**Law Office of Ira S. Wiesner, P.A.**  
Sarasota, FL (941) 365-9900  
[www.sarasotaprobatelaw.com](http://www.sarasotaprobatelaw.com)

**Millhorn Elder  
Law Planning Group**  
The Villages, FL (352) 753-9333  
[www.millhorn.com](http://www.millhorn.com)

**LKG Law, P.A.**  
West Palm Beach, FL (561) 267-2207  
[www.lkglawpa.com](http://www.lkglawpa.com)

## GEORGIA

**The Mead Law Firm, LLC**  
Atlanta, GA (678) 974-7364  
[www.themeadfirmllc.com](http://www.themeadfirmllc.com)

## GEORGIA continued

**The Smith Law Firm, P.C.**  
Augusta, GA (877) 353-3745  
[www.elderlawyer.com](http://www.elderlawyer.com)

## ILLINOIS

**Monahan Law Group, LLC**  
Chicago, IL (312) 419-0252  
[www.monahanlawllc.com](http://www.monahanlawllc.com)

## INDIANA

**Austgen Kuiper Jasaitis P.C.**  
Crown Point, IN (219) 663-5600  
[www.austgenlaw.com](http://www.austgenlaw.com)

**Beers Mallers Backs  
& Salin, LLP**  
Fort Wayne, IN (260) 426-9706  
[www.beersmallers.com](http://www.beersmallers.com)

## MARYLAND

**Law Office of  
Arthur L. Drager, LLC**  
Baltimore, MD (410) 685-0812

**Simpson Law, PA**  
Montgomery County, MD  
(301) 421-0190  
[www.simpsonlaw.biz](http://www.simpsonlaw.biz)

## MASSACHUSETTS

**Law Offices of Paul R. Tierney, Jr.**  
Quincy, MA (617) 360-8363  
[www.tierney-law.com](http://www.tierney-law.com)

**Meyers and Welch**  
Salem, MA (978) 666-0267  
[www.meyersandwelch.com](http://www.meyersandwelch.com)

## MICHIGAN

### **Nawrocki Center for Elder Law, Special Needs & Disability Planning, PLLC**

Brighton, MI (810) 229-0220  
[www.nawrockilaw.com](http://www.nawrockilaw.com)

### **Serafini, Michalowski, Derkacz & Associates P.C.**

Sterling Heights, MI (586) 264-3756  
[www.smdalaw.com](http://www.smdalaw.com)

### **BRMM Law | The Center for Elder Law**

Troy, MI (248) 641-7070  
[www.brmmlaw.com](http://www.brmmlaw.com)

## MISSOURI

### **Law Office of Sativa Boatman-Sloan, LLC**

Springfield, MO (417) 887-4170  
[www.417lawfirm.com](http://www.417lawfirm.com)

### **G. Brent Powers Law Office**

St. Joseph, MO (888) 206-1055  
[www.stjosephmolawfirm.com](http://www.stjosephmolawfirm.com)

### **Elder & Estate Planning Law Firm**

Webster Groves, MO (314) 918-0088  
[www.stelderlaw.com](http://www.stelderlaw.com)

## NEVADA

### **Michaelson & Associates, Ltd.**

Henderson, NV (702) 731-2333  
[www.michaelsonlaw.com](http://www.michaelsonlaw.com)

### **Goodsell & Olsen**

Las Vegas, NV (702) 869-6261  
[www.goodsellolsen.com](http://www.goodsellolsen.com)

## NEW JERSEY

### **Fink Rosner Ershow- Levenberg, LLC**

Clark, NJ (732) 382-6070  
[www.finkrosnerershow-levenberg.com](http://www.finkrosnerershow-levenberg.com)

## NEW YORK

### **Ettinger Law Firm**

[www.trustlaw.com](http://www.trustlaw.com)  
Albany, NY (518) 459-2700  
Bohemia, NY (631) 589-3333  
Brooklyn, NY (718) 625-5100  
Fishkill, NY (845) 897-4700  
Lake Success, NY (516) 327-8880  
Melville, NY (631) 673-3777  
Middletown, NY (845) 692-8700  
New York, NY (212) 810-1120  
Nyack, NY (845) 353-9555  
Rhinebeck, NY (845) 876-6266  
Saratoga Springs, NY (518) 581-9200  
Southampton, NY (631) 204-0880  
Staten Island, NY (718) 477-2700  
White Plains, NY (914) 684-6100

### **Burke & Casserly, P.C.**

Albany, NY (518) 452-1961  
[www.burkecasserly.com](http://www.burkecasserly.com)

### **The Cormac McEnery Law Firm**

City Island, NY (888) 368-4329  
[www.cormacmcenery.com](http://www.cormacmcenery.com)

### **Steven D. Fleischer Esq. PLLC**

New York, NY (212) 760-0990  
[www.sfleischerelderlaw.com](http://www.sfleischerelderlaw.com)

## NORTH CAROLINA

### **Walker, Lambe, Rhudy, Costley and Gill PLLC**

Durham, NC (919) 493-8411  
[www.walkerlambe.com](http://www.walkerlambe.com)

## OHIO

### **Browning & Meyer Co., LPA**

Worthington, OH (614) 471-0085  
[www.elderlaw.us](http://www.elderlaw.us)

## OKLAHOMA

### **Donna J. Jackson, Attorney, PC**

Oklahoma City, OK (405) 840-1874  
[www.okcestatelawyer.com](http://www.okcestatelawyer.com)

## PENNSYLVANIA

### **Knox McLaughlin Gornall & Sennett, P.C.**

Erie, PA (814) 459-2800  
[www.kmgslaw.com](http://www.kmgslaw.com)

## TEXAS

### **Wright Abshire Attorneys**

Bellaire, TX (713) 660-9595  
[www.wrightabshire.com](http://www.wrightabshire.com)

### **Farrow-Gillespie & Health LLP**

Dallas, TX (214) 361-5600  
[www.fghlaw.net](http://www.fghlaw.net)

### **Hegwood Law Group, PLLC**

Houston, TX (281) 218-0880  
[www.hegwoodlaw.com](http://www.hegwoodlaw.com)

## VIRGINIA

### **Anderson, Desimone & Green, P.C.**

[www.andersondesimone.com](http://www.andersondesimone.com)  
Blacksburg, VA (540) 953-2600  
Moneta, VA (540) 721-3358  
Roanoke, VA (540) 776-6434

### **Carrell Blanton Ferris**

Richmond, VA (804) 285-7900  
[www.carrellblanton.com](http://www.carrellblanton.com)

## WASHINGTON

### **Hickman Menashe, P.S.**

Lynnwood, WA (425) 744-5658  
[www.hickmanmenashe.com](http://www.hickmanmenashe.com)

### **Law Offices of George Edensword-Breck**

Seattle, WA (206) 624-3718

## WISCONSIN

### **Moertl, Wilkins & Campbell, S.C.**

Milwaukee, WI (414) 276-4366  
[www.lawmwc.com](http://www.lawmwc.com)

### **Drach Law Firm**

Wausau, WI (715) 842-0606  
[www.drachlawfirmwi.com](http://www.drachlawfirmwi.com)

# Why I Didn't Take the Doctor's Advice

As my dad's caregiver, I quickly learned when not to take physicians' recommendations. Healthcare professionals are amazing people, but no one knows your loved one like you do. **BY ANNA KEIZER**

**I** once had a uniform opinion of doctors. Given the extensive training physicians undergo, plus the crazy work hours they often endure, I typically put them in an exalted position. Then my father got sick.

My attitude changed around the time we were waiting on the results from my dad's lung biopsy. They took a sample on a Friday afternoon and said we would have the results in 48 hours. By Sunday night, I was crawling the hospital walls. That's when I saw the physician who did the biopsy rushing down a hallway. I tracked him down and asked when the results would be ready.

"Uh, probably tomorrow morning, but don't get your hopes up. Both his lungs looked terrible." With a conciliatory pat on my shoulder, he then said, "I guess this serves as a good lesson why you should never smoke!" And off he went.

I stood there shocked. Not only by what he said, but also how he said it. With so little compassion—or even common decency—he essentially told me that my father was a goner.

My story isn't meant to be an anti-doctor message, but I do hope to remove the pedestal on which patients and their families sometimes put physicians.

Without a doubt, healthcare providers can be amazing human beings. That became crystal clear when my dad was hospital bound. I can never emphasize enough the gratitude I feel for the kindness my father's nurses showed to both him and me. But



doctors are still just people. They get distracted. They say the wrong thing. Intentionally or not, they might also push what they think is right for your loved one, even when your gut is telling you otherwise.

This also became clear when my father was hospitalized for the last time. He had pneumonia and his improvement was minimal. Still, he was lucid and, more importantly, in good spirits. Even with an oxygen mask on, he was quite the jokester.

One Sunday afternoon, we were watching the Bears game. I was happily surprised because my father was actually eating his lunch: a hot dog with fries. All in all, it was a very good day. That's when his pulmonologist made an unexpected visit. He checked my dad's lungs, asked how

he was feeling and then gestured to speak with me in the hallway.

"So, are you ready for hospice?"

I was taken aback by his bluntness. I knew this was where we were headed, and perhaps a day or two earlier, I might have understood his motivation to ask. But hadn't he noticed my father's demeanor just 30 seconds ago? Sitting up, eating a hot dog and intently watching his favorite football team?

I answered no. He pressed the issue, telling me what I already knew. My father's pneumonia was not improving. He would likely not return home. Again, I said no.

I had medical power of attorney, which I suppose is why he was talking to me instead of my father. However, my father was alert and able to make his own decisions. Until that changed, or he alone decided that he was ready for hospice, I knew it was not the right choice.

But it was incredibly difficult to tell this doctor—who presumably knew better than me—no. After a few minutes, he realized that he wasn't going to change my mind and left.

Two days later, my father's health took a severe turn. He then asked for hospice on his own terms. So here's my message: stick to your convictions. While a doctor has the medical expertise, only you and your loved one have the intuition to know what is best for your situation.



Writer Anna Keizer was the caregiver to her father with stage IV lung cancer. She blogs about her experiences on [AgingCare.com/Blogger/Anna-Keizer](http://AgingCare.com/Blogger/Anna-Keizer)



# Hospice begins with a conversation.

**There is so much to talk about, so much to learn.**

What would you want at the end of life?

What do the people you love want?

It's never too soon to talk about comfort, peace, dignity—hospice.

**Take the first step:**

Download “Considering Hospice Care: A Discussion Guide for Families”  
at [HospiceCanHelp.com](https://www.hospicecanhelp.com)

Read it, save it, print it, email it to someone you love.

Start the conversation.

**VITAS**<sup>®</sup>  
Healthcare

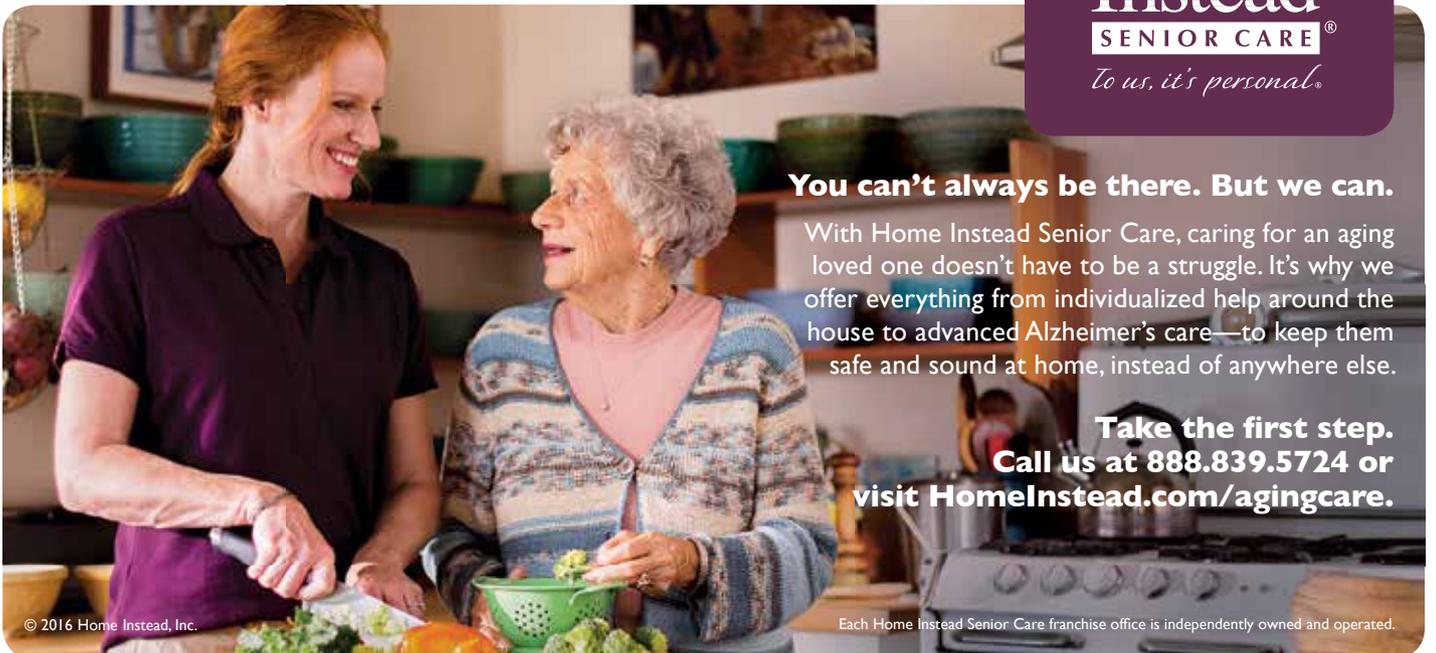
800.723.3233 • [HospiceCanHelp.com](https://www.hospicecanhelp.com)  



# the empty fridge

a sign your aging parent needs help

**Home  
Instead**  
SENIOR CARE®  
*to us, it's personal.*



**You can't always be there. But we can.**

With Home Instead Senior Care, caring for an aging loved one doesn't have to be a struggle. It's why we offer everything from individualized help around the house to advanced Alzheimer's care—to keep them safe and sound at home, instead of anywhere else.

**Take the first step.  
Call us at 888.839.5724 or  
visit [HomeInstead.com/agingcare](http://HomeInstead.com/agingcare).**