

Commission on Aging
Minutes of the Meeting
February 25, 2019

Present: Chair Chris Robertson, Marion Freer, Kathleen Brennan, Sheila Silverman, Mary Morrisroe , Advisor Karen Gaudian, Mary Ann O'Grady, George Noyes, Debra Franceschini-Gatje on via phone call.

Absent: Dayna Sierakowski, Mary Ann O'Grady

The meeting was called to order by Chair Chris Robertson at 2:30pm.

Minutes from last month were reviewed and accepted. Mary made motion to approve. Seconded by Cathy.

Karen will obtain cost to order 250-500 new directory's. Will come back to commission with costs to further discuss need to order as inventory is low.

Discussion around partnering with Commission on Accessibility as there may be some common synergies with both our directory's. Accessibility's directory was last published in 2011. Tony will reach out to them.

Debra will contact Fire Marshall to confirm him for a Speaker Series around Hoarding.

Try to partner with Loundsbury House and Library on what we think will be high attendance meetings. Action by Cathy and Mary

Speaker of the month:

Leslie-Alin Tewes, MPA-Health Care, CMC, LNHA, C-Geron., BA-Psy, CEAA
President, Tewes, Inc.
Aging, Disability & Health Care Advocate & Education

Continuum of Care

*Costs varies/Payor varies

*Dr. Keeping you overnight in hospital. Is it an admission or for observation?

*Discharge planning starts the minute you walk into the hospital. You need to advocate for a safe and appropriate plan before your release.

*If you don't agree with hospital discharge services, file an appeal that you're not ready to go home. Make sure doctor makes a note in chart.

*Long term acute care: Above and beyond. Intensive and complex care needed.

*Sub Acute Care: Nursing Home's can provide rehab for short term care for items like short term physical therapy, short term wound care, short term cardiac care, etc.

*Post Acute Care: Very specific plan that meets your home environment, comprehensive program.

*Home rehab provides at least 5 days a week. Many services offer more days. Be sure to ask the service providers of their days/hours.

*Payments: Medicare, Medicaid, VA benefits, out of pocket.

*Respite: feeling overwhelmed, delegate SPECIFIC tasks to others in your support group (friends, family, neighbors, etc.)

*Transitioning: Quality of Care. Don't lower your bar. Home modifications are needed to live well. Shower bars, ramps, etc.

*Care giver should keep a log on the patient which includes blood pressure monitoring, weight log, hydration amounts, infections. UTI's can easily cause a serious problem or trip to hospital.

*Home care fees can range from \$25-\$30 an hour. Overnight Home care aids can run in excess of \$350 per night.

*Health care proxies are available on line and can be used for directives.

*Must have documents. Power of attorney for Short of long term financial care. Healthcare proxy. Living Will.

Trustees Advisors:

-family

-attorney

-conservator

-guardianship is the last resort

Chris adjourned meeting at 4:11pm. Mary 1st, and George 2nd.

Submitted by substitute Secretary,
Debra Franceschini-Gatje