AGING WELL, CARING WELL, & LIVING WELL

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Aging Wisdom
Overview:

1) What are care managers?
2) What do they do?
   • How do they fit into mental health management/advocacy?
3) When might you use one?
4) How to find a care manager?
5) Creative Engagement
Who are Aging Life Care Professionals®?

Credentialed, experienced professionals skilled in providing personalized guidance and support with a long view perspective for elders and persons with disability.

Aging Life Care Professionals are the best at what they do, adhering to a strict Code of Ethics & Standards of Practice which is continually reviewed.

Knowledgeable in the following 8 core areas of expertise needed to help older adults or persons with disabilities and their families to live well.
8 Core Knowledge Areas

- Crisis Intervention
- Health & Disability
- Legal
- Advocacy
- Local Resources
- Family
- Housing
- Financial
Services Care Managers Provide

- Consultations
- Assessments
- Discharge planning
- Medical Coordination
- Ongoing oversight
- Family Support
When an Aging Life Care Professional Can Be Valuable

- Family member refusing help
- Busy adult child who feels overwhelmed by helping parents
- Family member in the hospital and you don’t know what to do
- Unsure whether family member should move
- Finding caregivers or a retirement community
- Siblings don’t agree
- Retiree doing proactive planning
- Retiree experiencing health or memory changes
- Family member lives elsewhere
FIND AN AGING LIFE CARE EXPERT

AGING (ife CARE®
ASSOCIATION

The experts in aging well.

aginglifecare.org
Creative Engagement

WHAT IS CREATIVE ENGAGEMENT?
• personal connection, enjoyment, and a sense of purpose
• enhancement of well being
• tailored experiences

ENDLESS POSSIBILITIES
• isolation reduction
• arts, nature, & sports appreciation
• joy, enrichment
Questions?