

# 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

**ALCA**  
**8**  
knowledge  
areas



**AGING (i)fe CARE<sup>®</sup>**  
ASSOCIATION



# Services Care Managers Provide

Consultations

Assessments

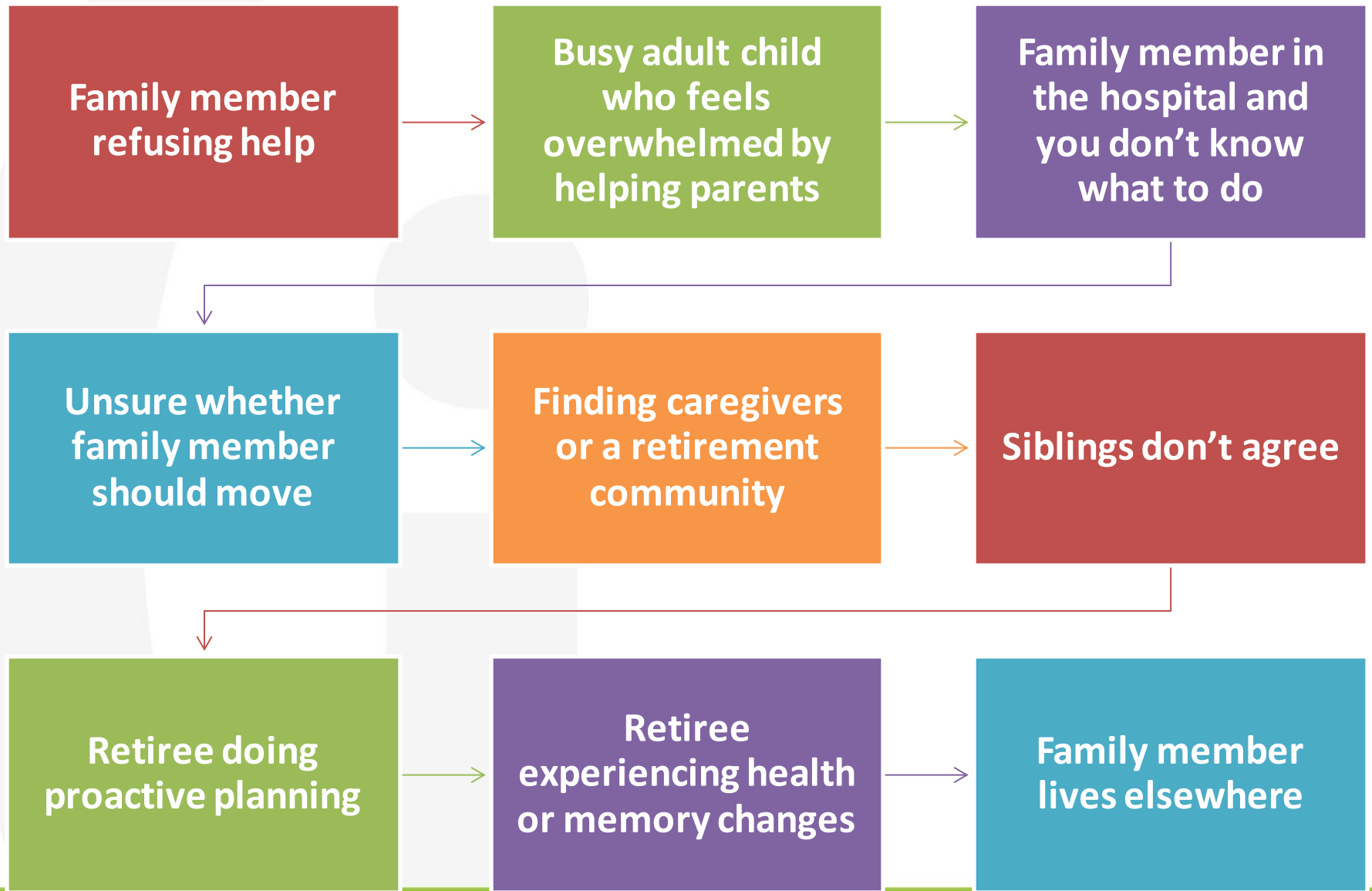
Discharge  
planning

Medical  
Coordination

Ongoing  
oversight

Family  
Support

# When an Aging Life Care Professional Can Be Valuable





FIND AN AGING LIFE CARE EXPERT

**AGING (i)fe CARE**®  
A S S O C I A T I O N

*The experts in aging well.*

[aginglifecare.org](http://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?

