

**Aging Wisdom is an Aging Life Care Management™ practice helping families navigate the options for aging well.**

**Are you:  
Overwhelmed? Stressed? At an impasse?**

- Feeling both blessed and burdened helping your aging parents?
- At the end of your rope trying to balance the needs of your immediate family, a job and caring for an older loved one?
- Challenged managing conflicts between your siblings about how to best care for your parents?
- Concerned for your parents' safety, well-being and independence, and it's keeping you awake at night?
- Noticing worrisome changes in your parent, contrary to what he or she tells you?
- Living far from older loved ones and overwhelmed by caring for them long-distance?



The responsibilities of taking care of your parent, spouse or family member can be very stressful. As Aging Life Care Professionals™, also known as geriatric care managers, we provide you with the tools to make informed decisions about your options and plan of action.

It's not uncommon for families to try to figure out everything on their own. **But you don't have to go it alone.**

Engaging the help of an experienced, knowledgeable Aging Life Care Professional can be a bit like jumping on a life raft in the midst of stormy waters.

A consultation with an Aging Life Care manager can save time, money and provide you with confidence that you are heading in the right direction and making the best choices.

Aging Wisdom is in the perfect position to help you and your family navigate the transitions of aging. As your trusted consultant, it is our mission to help you find creative solutions to your most challenging problems.

If you feel overwhelmed and confused about what to do, Aging Wisdom is prepared to help you and your family. We are a phone call away.

**Schedule a consultation with us and find that peace of mind you deserve by calling 206.456.5155, ext. 1.**



■ **Our services are proven to help families move forward successfully even when the situation is challenging.**

## CONSULTING

Caregiving, while often a voyage of love, can be stressful and overwhelming. Our clients tell us that meeting with our experienced Aging Life Care professionals for a consultation is a bit like jumping on a life raft. We help you navigate uncharted waters and ensure safe passage on your caregiving journey.

Aging Wisdom provides short-term and long-term consultation services and support for a wide range of issues related to growing older. Whether you are looking for specific resources within your budget or need help solving complex problems, we have the expertise and proven strategies to help. At every turn we listen and inspire you to create a workable self-care plan.

Find yourself stuck or at a stalemate? Resistance to care a problem? Many clients turn to us when they hit an impasse or are at odds with one another. Consulting and Elder Family Mediation services guide you skillfully through the stormy seas.

We individualize our program for every client. Services are provided at one of our conveniently located offices or we can travel to a location of your choice.

## CARE MANAGEMENT

Care Management services are an ideal option when family members are juggling multiple commitments, providing long-distance caregiving and for those who are feeling the strain of caretaking responsibilities.

Professional care management allows one of our Aging Life Care professionals to remain actively

involved, help implement the care plan, find placement options if necessary, monitor the situation and coordinate care on an ongoing basis. We will act as an advocate to ensure your loved one's needs are met.

## HOME CARE

Our licensed Home Care program is exclusively designed to complement our ongoing care management services and is not open to the general public.

What makes us different? We believe in taking care of your family the way we want our loved ones cared for. To ensure quality, our home care services are overseen by one of our Aging Life Care professionals and we match clients with just the right caregiver. After each appointment your family will receive an update about the visit. You'll be delighted to watch how your loved one blossoms while every detail is skillfully attended to and closely monitored.

Professional caregivers are carefully vetted, offering rich life experience and a passion for helping others. Aging Wisdom Home Care is focused on providing life enrichment opportunities and companionship for clients.

**Aging Wisdom is here to help you and your family make sense of the transitions of aging and find the answers you need. Call us today to schedule a consultation. We can meet in your home or in one of our three convenient offices.**

**Seattle:** 206.456.5155 | **Bellevue:** 425.894.9100  
**Bellingham:** 360.388.4344

## ■ HOW AGING WISDOM CAN HELP

Our Aging Life Care experts bring a positive outlook, years of experience, an objective perspective and responsive engagement to enable clarity, stability and a way ahead. Providing tools and resources to make informed choices, our guidance and expertise leads families to decisions and actions that ensure quality care and an optimal life for those they love, thus reducing worry, stress and time off of work for family caregivers through:

### FAMILY COACHING & SUPPORT

- Help families determine care needs & evaluate options
- Facilitate family meetings & help resolve concerns
- Provide dementia management guidance
- Crisis management

### QUALITY OF LIFE ADVOCATE

- Home safety evaluations
- In-home assessments to determine care needs
- Connect client to community services
- Focus on social engagement life enrichment
- Connect to spiritual resources
- Recommend technology that supports quality of life & independence

### HEALTH ADVOCACY

- Manage, coordinate and accompany to medical appointments
- Coordinate discharges from hospitals and facilities
- Refer to geriatricians and other healthcare specialists
- Compassionate end of life oversight and advocacy

### HOME CARE OVERSIGHT

- Arrange respite for family caregivers
- Match client needs to caregiver
- Supervise caregivers
- Oversight of daily routines
- Medication reminders, home safety evaluations & falls prevention
- Monitor for scams and elder abuse

## HOUSEHOLD COORDINATION

- Coordinate needed services
- Oversee household activities
- Identify accessibility needs and make referrals for home improvement projects
- Manage appointments
- Design emergency plans
- Assist with any moves – including selection of assisted living communities locally or across the country
- Manage pet care

## LEGAL REFERRALS & COLLABORATION

- Referrals to elder law & estate planning services
- Partner with elder law attorneys to manage difficult family dynamics
- Offer objective assessments
- Provide mediated alternatives
- Deter elder abuse by oversight

## FINANCIAL COORDINATION

- Provide information about entitlement programs and assist with applications
- Referrals to bill payer/fiduciary
- Insurance coordination
- Access long-term care benefits
- Partner with trust officers and financial planners to meet client's care need

**We are ready to listen, help you problem-solve and manage anticipated challenges as well as address crises. Call us today for a consultation at 206.456.5155, ext. 1.**

