



Adding an Aging Life Care Professional® to your Support Network

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Aging Life Care Managers® are health and human services professionals with additional training and certification who employ a holistic, client-centered approach to caring for older adults or others facing ongoing health challenges, disability, or aging issues. When families reach a point of needing professional guidance, a care manager's expertise can lead families to decisions and actions ensuring quality care and an optimal life for those they love. This guidance can reduce worry and stress and may facilitate needed rest for family caregivers. With varied backgrounds in nursing, social work, and other healthcare professions, care managers are "the experts in aging well." We provide guidance, resources, and advocacy to support clients and their families at a time of uncertainty.

Calls to Caring with Grace inquiring about care management services are typically from family members who are wanting to support a loved one who is navigating the challenges of aging, disability, a chronic illness such as Parkinson's, Alzheimer's disease or other dementias and many other health conditions.

They may be facing:

- Uncertainty regarding their loved one's self-care, nutrition, or sleep
- Concern about the safety of the home environment
- Caregiver burnout
- Questions about necessary legal and financial documents

Care management services usually begin with an assessment of need by one of eleven care managers on the Caring with Grace staff. The initial meeting may cover safety in the living environment, medication management, nutrition, memory and depression screening, social support, financial and legal situation, and most importantly the individual's goals and desires. Following the assessment, a personalized plan of care is developed to match resources with identified needs, sharing referrals and recommendations to address the issues. Many families choose ongoing care management so that new challenges can be identified and addressed early. The focus is always to keep the client stable, as independent as possible, and avoid preventable hospitalizations.

Benefits of adding a care manager to your support network include:

- A compassionate and caring voice of experience
- Knowledge of the healthcare system and medical data
- Accessibility-help is a phone call away
- An independent and objective voice

Examples of challenges we address daily alongside our clients are health and medical, identifying appropriate housing options, transition assistance when a move is needed, adapting the home environment to meet needs, long term planning with an attorney, financial planning and daily money management professionals, activation of long term care policies, in-home caregiving, chef services, house management, and more. As age or illness progresses, needs change and so does the care plan. With the goal being individualized care, each care manager at Caring with Grace is ready to adapt and adjust to be the best possible advocate for each client.

Caring with Grace is an active member of the Aging Life Care Association®, a national organization of knowledgeable, experienced and certified Aging Life Care Professionals that abide by a Code of Ethics and Standards of Practice. Visit www.aginglifecare.org to learn more and use the national directory button on the home page to locate a care manager near you. The association brings together over 2,000 professionals across the country that are passionate about providing excellent care for the aging, chronically ill, and disabled adults population.

Since our founding in 2006 Caring with Grace has helped over 1100 clients and their families.

Our team looks forward to continuing our 18 years of service to families in North Texas.

