

# Senior Care Management, Inc. & Care Consultants

## Tackling Medical Issues

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MOM AND DAD
CAREGIVING JOURNEY
CAPTAIN BEN M. SUPNET, MD. USN, RET. DEC.
COMMANDER LEONORA D. SUPNET MD, USN, RET



# person, up champion, up champion, up advocate. noul advocate. b supporter, b promoter, r

Being a Great Advocate for Your Aging Loved One

#### **ADVOCACY**

Are the things that you do to ensure that your loved one receives the best of care and services from the entire care team that you have in place. You are their voice.

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# Foundation for Being a Good Advocate

- ► Establish a Care Team
- ▶ Get Organized
- Know what they want
- ▶ Take Care of Legalities
- Observe and Question
- **Communicate**
- **► Trust Yourself**
- ▶ Practice Self Care



### Medical Issues

Not Being Prepared

Appropriate Medication Management

Preparing for Hospital Discharge



#### SCENARIO 1

A parent needs to go to the hospital for a emergency situation.

What do you need?



#### THE BOOK

- ► Legal Documents
- ► Financial and Medical Power of Attorney
- Directives
- Directive to Physician DNR
- Insurance Cards, Identification Card, Social Security, Prescription Card, Military ID
- Medication Lists Most recent
- ▶ Provider Information
- ▶ Family Contacts
- ▶ HIPPA Release
- ▶ Life Insurance Policies Long Term Care Policy
- ▶ Final Arrangements
- Important Numbers
- Pharmacy

#### WHAT IS A DNR?

The Out-of-Hospital Do-Not-Resuscitate State of Texas logo

Keep your signed, original form in a place where emergency medical professionals can find it.

If it is not accessible CPR will be administered

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# BE PREPARED FOR SUDDEN HOSPITAL TRIPS

The Book
Copies of key paperwork
Vital Statistics
Medication List
Insurance Card

FOR YOU

Important phone numbers
Reading Glasses
Extra Phone Chargers
Small change and bills
Ear Plugs and Eye Masks
Reading material and other items
Pen and notepad



Scenario #2

Mom has 4 doctors
They all prescribe different
medications

Effective Medication Management



#### **POLYPHARMACY**

The concurrent use of multiple medications by a patient to treat usually coexisting conditions and which may result in adverse drug interactions



#### STATISTICS

- Older adults (65 years or older) visit emergency departments almost 450,000 times each year, more than twice as often as younger persons.
- Adverse drug events cause approximately
   1.3 million emergency department visits each year.
- About 350,000 patients each year need to be hospitalized for further treatment after emergency visits for adverse drug events.

Source: CDC <u>www.cdc.org</u>

# GATHER AND ORGANIZE

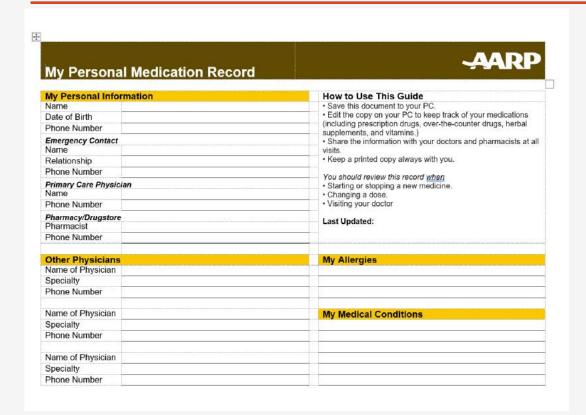
Gather all medications, vitamins, OTC meds, and supplements into one location

To stay organized and increase medication safety, keep all their current pill bottles and packages in a clear plastic storage bin

Use a separate bin for their backup medication supply or medicines that are only used occasionally.



#### MEDICATION TRACKING LIST



	What <u>l'm</u> taking	Form (pill, injection, liquid, patch, etc.)	Dosage	How Much and When	Use (regularly or occasionally)	Start/Stop	Notes, Directions, Reasons for Use
	* Be s	sure to include ALL pr	escription drugs	over-the-counter d	rugs, vitamins, and	d herbal supplement	S.
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CREATE AND MAINTAIN UP TO DATE MED LIST





## Good Medication Management

- Invest in a pillbox or dispenser
- Set reminders
- use a single pharmacy
- Store your medications properly and take them as recommended (AM vs. PM)
- Review your medications with your doctor regularly



# MEDICATION MANAGEMENT SYSTEMS

► Automatic Pill Dispensers (HERO)

▶Pill Pak (AMAZON)

► Blister Packs (PHARMACY

► Plastic Medication Pill Organizer (DRUG STORE, AMAZON)







## MEDICATION MANAGEMENT SYSTEMS



SCENARIO #3

DISCHARGE PLANNING

Dad/Mom is being discharged

What do I do?



The best time to start planning for discharge is just after your family member is admitted.

While it may seem too soon to think about going home, planning gives you more time to prepare.



#### PLANNING THE DISCHARGE

Know Who Is on the Discharge Team

GETTING READY TO GO HOME

Equipment and Supplies

Home Space

Health Care Tasks

Special Foods or Dietary Changes

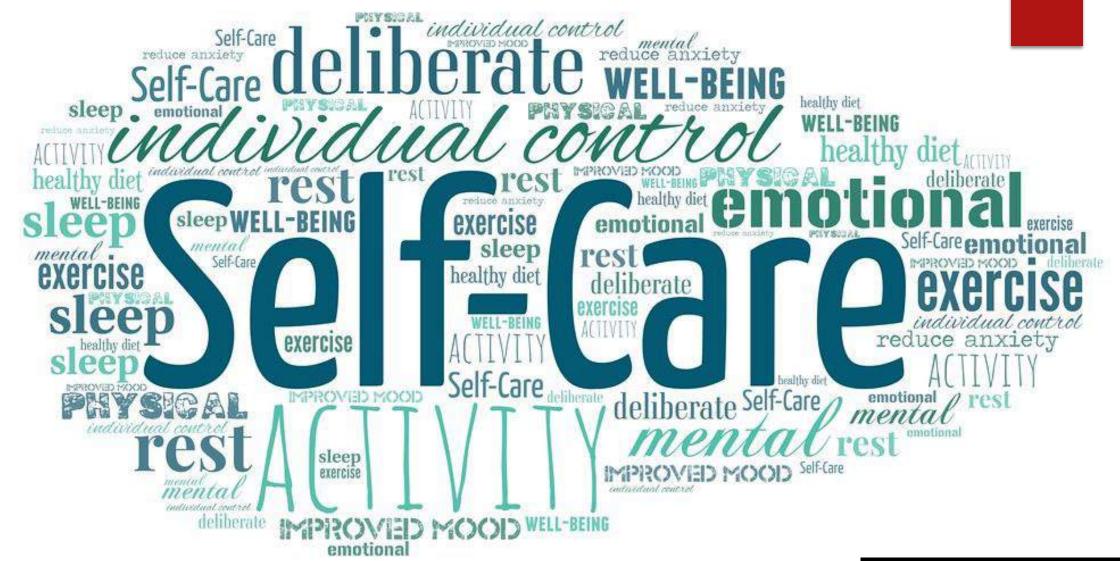
Medication Management

Follow Up Appointments

Reaso	n for admission:	
our di e help	your stay, your doctor and the staff will work scharge. You and your caregiver (a family me ping you) are important members of the plant er can use this checklist to prepare for your	mber or friend who may ning team. You and your
nstru	ctions:	
Use t	this checklist early and often during your stay.	
	to your doctor and the staff (like a discharge plann t the items on this checklist.	er, social worker, or nurse)
Chec	k the box next to each Item when you and your care	giver complete it.
Heart I	the notes column to write down important informati	ion
(like	names and phone numbers).	
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(like Skip	names and phone numbers). any items that don't apply to you.	200000
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(like	names and phone numbers).  any items that don't apply to you.  Action items  re after discharge  Ask where you'll get care after you're discharged. Do you have options (like home health care)? Tell the staff what you prefer.  If a caregiver will be helping you after discharge,	200000
(like Skip	names and phone numbers).  any items that don't apply to you.  Action items  relater discharge  Ask where you'll get care after you're discharged. Do you have options (like home health care)? Tell the staff what you prefer.  If a caregiver will be helping you after discharge, write down their name and phone number.	200000

	Action items	Notes
	Use "My drug list" on page 5 to write down your prescription drugs, over-the-counter drugs, vitamins, and herbal supplements.	
	☐ Review the list with the staff.	
	Tell the staff what drugs, vitamins, or supplements you took before you were admitted. Ask if you should still take these after you leave.	
	☐ Write down a name and phone number of a person to call if you have questions.	
le	covery & support	
	Ask if you'll need medical equipment (like a walker), Who will arrange for this? Write down a name and phone number of a person you can call if you have questions about equipment.	
	Ask if you're ready to do the activities below. Circle the ones you need help with, and tell the staff:	
	Bathing, dressing, using the bathroom, climbing stairs     Cooking, food shopping, house cleaning, paying bills     Getting to doctors' appointments, picking up prescription drugs	
	Have support in place that can help you. See "Resources" on page 6 for more information.	
	Ask the staff to show you and your caregiver any other tasks that require special skills (like changing a bandage or giving a shot). Then, show them you can do these tasks. Write down a name and phone number of a person you can call if you need help.	
	Talk to a social worker if you're concerned about how you and your family are coping with your illness. Write down information about support groups and other resources.	
	Talk to a social worker or your health plan if you have questions about what your insurance will cover	

	Notes
Ask for written discharge instructions (that you can read and understand) and a summary of your current health status. Bring this information and your completed "My drug list" to your follow-up appointments.	
Use "My appointments" on page 5 to write down upcoming appointments and tests.	
the caregiver	
Write down and discuss with staff any questions you have about the items on this checklist or on the discharge instructions.	
Can you give the patient the help he or she needs?	
☐ What tasks do you need help with?	
☐ Do you need any education or training?	
□ Talk to the staff about getting the help you need before discharge.	
Write down a name and phone number of a person you can call if you have questions.	
Get prescriptions and any special diet instructions early, so you won't have to make extra trips after discharge.	
	"My drug list" to your follow-up appointments.  Use "My appointments" on page 5 to write down upcoming appointments and tests.  The caregiver  Write down and discuss with staff any questions you have about the items on this checklist or on the discharge instructions.  Can you give the patient the help he or she needs?  What tasks do you need help with?  Do you need any education or training?  Talk to the staff about getting the help you need before discharge.  Write down a name and phone number of a person you can call if you have questions.  Get prescriptions and any special diet instructions early.



#### Resources

The agencies listed here have information on community services, (like home-delivered meals and rides to appointments). You can also get help making long-term care decisions. Ask the staff in your health care setting for more information.



Area Agencies on Aging (AAAs) and Aging and Disability Resource Centers (ADRCs): Helps older adults, people with disabilities, and their caregivers. To find the AAA or ADRC in your area, visit the Eldercare Locator at eldercare.acl.gov, or call 1-800-677-1116.

**Medicare:** Provides information and support to caregivers and people with Medicare. Visit **Medicare.gov**.

**Long-Term Care (LTC) Ombudsman Program:** Advocates for and promotes the rights of residents in LTC facilities. Visit **ltcombudsman.org**.

**Senior Medicare Patrol (SMP) Programs:** Works with seniors to protect themselves from the economic and health-related consequences of Medicare and Medicaid fraud, error, and abuse. To find a local SMP program, visit **smpresource.org**.

**Centers for Independent Living (CILs):** Helps people with disabilities live independently. For a state-by-state directory of CILs, visit **ilru.org/html/publications/directory/index.html**.

**State Technology Assistance Project:** Has information on medical equipment and other assistive technology. Visit **resna.org**, or call 1-703-524-6686 to get the contact information in your state.

**National Long-Term Care Clearinghouse:** Provides information and resources to plan for your long-term care needs. Visit **longtermcare.gov**.

National Council on Aging: Provides information about programs that help pay for prescription drugs, utility bills, meals, health care, and more. Visit benefitscheckup.org.

**State Health Insurance Assistance Programs (SHIPs):** Offer counseling on health insurance and programs for people with limited income. Also help with claims, billing, and appeals. Visit **shiptacenter.org**, or call 1-800-MEDICARE (1-800-633-4227) to get your SHIP's phone number. TTY users can call 1-877-486-2048.

**Medicaid:** Helps with medical costs for some people with limited income and resources. To find your local office, visit **Medicare.gov/contacts**, or call 1-800-MEDICARE.

## RESOURCES



Please call (512) 600-9275 for assistance https://ageofcentraltx.org/



The experts in aging well.

www.aginglifecare.org



## QUESTIONS