



A new approach to
geriatric assessment
and care management.

Assessment Process

Geriatric assessment is a comprehensive, multi-disciplinary examination that includes an evaluation of a client's physical status as well as a complete review of his or her health and social history. Prior to the physical examination, a visit is conducted in the client's current residence by our care managers. They will conduct cognitive and functional examinations in order to assess the ability of the client to do everyday tasks. The care managers will assess factors that contribute to the overall well being of each client; such as social activities, family and friends who are available to assist, any life altering events that may have impacted daily life, and safety or nutritional concerns.

The home visit is unique to eldereval's assessment process and is a vital part of our multi-disciplinary approach. This visit is our window into each client's world, allowing us the opportunity to see them in their own environment while relaxed and comfortable. While we are there, we will look closely at how the client manages everyday tasks.

The family plays a vital role in this process as well, and is an integral part of all initial visits. The care manager will assist with all paperwork that must be completed before the physical exam.

The Home Assessment includes:

Medical History	Social Questionnaire
Vocational History	Functional Assessment
Medication Review	Cognitive Assessment
Fall Risk Assessment	Depression Scale
Nutritional Assessment	Home Safety Evaluation

The Physical Exam

After the physician has reviewed the components of the care manager's initial visit, the physical evaluation will be conducted at our office at 186 Jerry Browne Road, Mystic, CT or 45 Wells Street, Westerly, RI. The client may be sent for laboratory tests or imaging studies to augment the physical exam.

The Care Plan

Following the multi-disciplinary assessment, a team conference will be scheduled to review our findings. Recommendations will be outlined in a **care plan** designed specifically to meet the needs of the client. The recommendations will address specific areas of concern on which the client and family may follow up on their own, or they may wish to have eldereval's assistance in doing so.

Partnership with Primary Physician

With your permission, a summary of our findings will be sent to the primary care physician. We will be glad to work with the primary care physician to develop the best **care plan**.

Education & Support

There is a variety of programs in the community to meet the needs of elders. If pertinent to the individual **care plan**, these community resources will be recommended and contact information provided. eldereval will also

provide families with educational materials and counseling to guide the family through the care-giving experience. Extensive resources are available to our clients in print, media, and seminars. Support groups are available in the community. Clients will receive notice of monthly meetings and seminars as scheduled.

Fee Schedule

The physician's portion of the assessment is covered by Medicare and other secondary insurances. The home visit portion, which is completed by our care managers, is not covered by any insurance plans and will be billed privately.

Making an Appointment

Simply call our office at: 860-245-0820. Our flexible schedule can accommodate your needs.

Moving Forward with eldereval****

After the completed assessment and with the personalized care plan in hand, the client will be well prepared to plan for the future and live his or her life as independently as possible. Families will have the tools to plan for and cope with the daily challenges of care-giving with elder**eval** as a partner.

Mediation

What is mediation?

The most widely used dispute resolution process is mediation. Mediation is a process in which a neutral third party – a mediator – facilitates communication between parties in conflict. The mediator does not make decisions for the parties. The goal is to assist those involved to reach a voluntary, mutually acceptable agreement. Mediation revolving around elder care issues is a fairly new concept but the process may help family's foster better communication and develop an understanding of the other parties' views while avoiding the cost of litigation.

What is mediation used for?

Elder mediation issues may include:

- Disagreements over care related issues/medical treatment decisions
- Disputes over living arrangements; for example: being at home vs. other housing options
- Who should handle the finances
- Estate planning/probate issues
- Should one sibling be named power of attorney over another
- Health care planning and decision making
- End of life decisions

Mediation can help the adult children, other family members and the elderly family member resolve their disputes. The process can strengthen and preserve family relationships while maintaining the elderly family members' dignity.

eldereval**'s commitment to you**

If you enter into a voluntary agreement to mediate your dispute, you and your family members are assured a confidential process where all parties are treated with respect and all viewpoints are heard. We will do our utmost to help the parties reach a mutually acceptable agreement in a timely manner.

The professional staff of elder**eval**, Lisa Ryan and Rose Levine, hold a 40 hour Mediation certificate of training from Quinnipiac University Center on *Dispute Resolution*.

Fees: available by contacting our office at **860-245-0820**

Geriatric Care Management

What is a geriatric care manager?

A geriatric care manager (GCM) is a health care professional with specialized knowledge and expertise regarding issues of aging.

What can a geriatric care manager do to help?

A geriatric care manager can come into the home of an elderly loved one and evaluate the living situation. A GCM will assess a person's medical and social needs, pinpoint solutions and coordinate the services put in place. A GCM will identify available resources and work with the family to develop a personalized care plan that will maximize the independence and well being of their elder loved one. A GCM will serve as a liaison between out of state family members, physicians, care providers and community resources.

What exactly can I expect when hiring a geriatric care manager?

- A GCM will conduct an initial assessment to identify problem areas that may include: medical, social, nutrition, depression, safety and everyday tasks associated with living independently. (A review of medical records from your primary physician may also be necessary.)
- An individualized care plan will be developed and presented for approval.
- Recommendations/referrals identified on the care plan will be implemented.
- Monitoring of services will be ongoing with approval.
- The GCM will act as the liaison to families at a distance, keeping them updated on services, changes or alerting them to problems.
- The GCM will provide consumer education and advocacy.
- If necessary, the GCM will assist with finding more appropriate living arrangements.

You can hire a GCM for a single, specific task, such as helping to find assistance in the home, or to oversee the entire process.

What is the benefit of using a geriatric care manager?

Family members may be uncomfortable with an elderly loved one's decision making, or they could be struggling with the responsibilities of child care, a career and now elder care. Perhaps they have just faced a health crisis and don't know where to turn, or they are dealing with a complex situation where the elderly loved one has multiple issues. A GCM can provide personalized attention with a continuity of care management. A GCM will coordinate between family, physicians, service providers and anyone else involved in care delivery. A GCM helps contain health costs by avoiding inappropriate placements, duplication of services, identifying available benefits and avoiding unnecessary hospitalization.

eldereval's commitment to you

As professional geriatric care managers, our commitment to our clients and their families is to help the elderly loved one remain as independent as possible living in the setting of their choice. Whether that means being at home with assistance, or in supportive housing or a facility, we will assist you in making the environment as safe as possible.

Fee: Geriatric care management is billed on an hourly basis. Please call our office to receive a fee schedule at: 860-245-0820



Lisa Ryan has over 15 years experience in the long term care continuum. She is a member of the National Association of Professional Geriatric Care Managers and is a licensed Nursing Home Administrator in both Connecticut and Massachusetts. Lisa has worked in private practice as a Geriatric Care Manager for several years and is very active in State and local agencies that deal with seniors and the issues of aging.



Rose Levine is a graduate of the University of Connecticut and the Masters Program in Education at Eastern Connecticut State University. She also holds a Certificate in the Fundamentals of Geriatrics from the University of Connecticut Health Center. She has over 20 years experience in elder care, both in residential dementia care and as Eastern Regional Director of the Alzheimer's Association.



Roland J. Losos, MD began his medical profession in 1993. He is board certified in Internal Medicine and fulfilled a geriatric fellowship. A graduate of Medical University in Lublin Poland, Dr. Losos completed his residency at Wood Hall Medical Center in New York City, an affiliate of New York University, and his fellowship at Our Lady of Mercy Medical Center in Bronx, NY. Dr. Losos is licensed to practice medicine in both CT and RI.

Mission Statement

eldereval Geriatric Assessment and Management Center was established by a board certified physician, geriatric care manager and dementia specialist to meet the needs of elders and families who may have concerns about the aging process. We provide a coordination of services to enhance or maintain optimal independence and quality of life for the client. Our team will provide each client with the individual attention needed to assess the client's strengths and identify their needs.

Directions

From South

Take I 95 North to Exit 90, toward Downtown/Seaport. Turn slight right onto Greenmanville Ave./CT-27. Turn left onto Coogan Blvd. Turn right onto Jerry Browne Road. Turn right into Stone Ridge at the top of the hill.

From North

Take I 95 South to Exit 90, toward Mystic Aquarium/Mystic Seaport. Turn right onto CT-27 /Whitehall Ave. Turn right onto Jerry Browne Road. Turn right into Stone Ridge.

186 Jerry Browne Road
Mystic, CT 06355
Phone 860-245-0820
Fax 860-245-0821
www.eldereval.com