



**CARING HANDS**  
PRIVATE DUTY SERVICES

Tel 630.410.8880  
Fax 630.410.8842  
[www.HBHCaringHands.com](http://www.HBHCaringHands.com)

## Aging Life Care / Geriatric Care Management



### What Is Aging Life Care?

Aging Life Care, also known as geriatric care management, is a holistic, client-centered approach to caring for older adults or others facing ongoing health challenges. Aging Life Care Professionals guide families to the actions and decisions 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:

- Assessment and monitoring
- Planning and problem-solving
- Education and advocacy
- Family caregiver coaching

Aging Life Care Professionals are engaged to assist in a variety of areas, such as:

- Housing
- Home care services
- Medical management
- Communication
- Social activities
- Legal
- Financial
- Entitlements
- Safety and security

Please contact us for more information:



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\*Information from **Aging Life Care Association**  
(ALCA) [www.aginglifecare.org](http://www.aginglifecare.org)



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A **care plan** tailored for each individual's circumstances is prepared after a **comprehensive assessment**. The plan may be modified, in consultation with client and family, as circumstances change.

### What is an Aging Life Care Professional?

An Aging Life Care Professional, also known as a geriatric care manager, is a health and human services specialist who acts as a guide and advocate for families who are caring for older relatives or disabled adults.

The Aging Life Care Professional assists clients in attaining their maximum functional potential. The individual's independence is encouraged, while safety and security concerns are also addressed. Aging Life Care Professionals are able to address a broad range of issues related to the well-being of their client. They also have extensive knowledge about the costs, quality, and availability of resources in their communities.

Aging Life Care Professionals become the "coach" and families or clients the "team captain."

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### How Do You Know That You Need An Aging Life Care Professional?

When caregiving for an aging family member becomes overwhelming, it may be time to contact an Aging Life Care Professional. You may need an Aging Life Care Professional if:

- The person you are caring for has limited or no family support.
- Your family has just become involved with helping the individual and needs direction about available services.
- The person you are caring for has multiple medical or psychological issues.
- The person you are caring for is unable to live safely in his/her current environment.
- Your family is either "burned out" or confused about care solutions.
- Your family has a limited time and/or expertise in dealing with your loved ones' chronic care needs.
- Your family is at odds regarding care decisions.
- The person you are caring for is not pleased with current care providers and requires advocacy.
- The person you are caring for is confused about his/her own financial and/or legal situation.
- Your family needs education and/or direction in dealing with behaviors associated with dementia.

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### Meet Our Aging Life Care Professional

Aging Life Care Professionals who are members of **Aging Life Care Association** (formerly National Association Of Professional Geriatric Care Managers) differ from Patient Advocates, Senior Advisors, Senior Navigators, and Elder Advocates. ALCA members must meet stringent education, experience, and certification requirements of the organization, and all care manager members are required to adhere to a strict code of ethics and standards of practice.



**Kim Park, LNHA, RDN**  
Regional Private Duty Consultant

### What Are The Benefits Of Using An Aging Life Care Professional?

Aging Life Care services are offered in a variety of settings. Professionals can serve the needs of their clients by providing:

- Personalized and compassionate service — focusing on the individual's wants and needs.
- Accessibility — care is typically available 24 hours a day, 7 days a week.
- Continuity of care management — communications are coordinated between family members, doctors and other professionals, and service providers.
- Cost containment — inappropriate placements, duplication of services, and unnecessary hospitalizations are avoided.
- Quality control — care management services follow ALCA's Standards of Practice and Code of Ethics.

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