

Aging Life Care Managers: Who We Are and How We Can Help

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“See, the problem with doing things to prolong your life is that all the extra years come at the end, when you’re old.”

The Role of Aging Life Care Managers and the Role of the Commission on Aging

Commission on Aging

- ▶ The Commission on Aging (COA) serves as an advocate for the health, safety and well-being of the County's older residents. The Commission supports both safety net services for the frail elderly and programs to meet the interests and needs of older adults who want to age in their communities. The COA identifies significant issues where its voice on the needs of seniors can make a difference.

Aging Life Care Association

- ▶ Aging Life Care management, is a holistic, client-centered approach to caring for older adults or others facing ongoing health challenges. Working with families, the expertise of Aging Life Care Professionals provides the answers at a time of uncertainty. Their guidance leads 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

MIDATLANTIC CHAPTER OF THE AGING LIFE CARE ASSOCIATION

- ❖ One of the largest chapters of ALCA, covers PA, DE, MD, DC, VA and WVA.
- ❖ The Metro DC unit is one of the most active in our chapter and has about 35 members serving primarily Montgomery County and DC.
- ❖ Partner with other professionals serving seniors including elder law attorneys, move managers, daily money managers and professional organizers.
- ❖ Successfully advocated for and testified before the MD Senate and House committees regarding funding for the Home and Community Based Medicaid Waiver, including having a family caregiver testify for the first time on this issue.
- ❖ Mobilized members to write to their state legislators about this issue.
- ❖ Collaborate closely with hospital discharge planners to advocate for safe discharges for our clients.

What Sets Aging Life Care Managers Apart?

- ▶ An Aging Life Care™ Manager brings knowledge, skills and experience to help you navigate the journey, no matter the challenges you may face. We also follow a strict code of ethics.



Aging Life Care Manager profile



- Primarily female
- Age 35-65, current emphasis 50-60
- Social workers, psychologists, therapists, health professionals
- Mostly entrepreneurs in private practice, some have homecare too
- Spread out across USA, but not full national presence

Motivations

- Enjoys working with clients and helping families
- Loves people and solving problems
- Finds the work enormously rewarding

- ▶ ALCA member, 25 years
- ▶ Private practice with 17 care managers
- ▶ Smart, dedicated, caring, creative problem solver, hardworking
- ▶ Works with many dementia clients

Brief History of the Care Management Profession

The profession began in the mid-80's as the Greatest Generation began living longer and the options for care became greater.

The first care managers were primarily social workers, but also some nurses. Today they are also gerontologists and therapists.

The first national association was called the National Association of Professional Geriatric Care Managers, and in 2015 they rebranded themselves as Aging Life Care Managers.

A lot of people are going to need help

After age 65, an American has more than a 70 percent chance of needing help with the activities of daily living like dressing, bathing, and using the bathroom with assistance.



Lots of options!!

- ▶ Assisted living? Memory care?
- ▶ Age in place at home? Co-housing? Life Plan Community (CCRC)?
- ▶ How do you know what you need and what does it cost?
- ▶ How did we get here and how do you figure out which option is best for you?

- ▶ The first assisted living facilities opened in the late 1970's and early 1980's, one in Oregon and the other in Virginia.
- ▶ The Virginia facility, founded by Paul and Terry Klaasen, was named Sunrise.
- ▶ Today there are over 28,000 assisted living facilities across the country, housing more than 1 million people. Sunrise owns over 315 facilities in the U.S., Canada and the UK and is the 5th largest U.S. provider of senior care.
- ▶ There are more than 350 assisted living facilities from group homes of 10 or more residents, to larger facilities like Sunrise and Brightview in Maryland today.

Costs for long term care are substantial

- ▶ Assisted living costs range from \$4,500 to \$15,000 per month, or \$54,000 to \$180,000 per year.
- ▶ Skilled nursing care costs about \$13,000 month or more depending on the facility and whether you choose a private or semi-private room, or about \$156,000 per year. In a skilled nursing facility you can eventually qualify for Medicaid, if you run out of assets.
- ▶ Home care costs between \$25 and \$30/hour. The cost per year to have an awake caregiver in your home 24/7 is between \$175,000 and \$219,000.
- ▶ Seniors use long term care insurance, reverse mortgages, veteran's benefits and life insurance policies to help cover costs, but most of it is private pay.

Care Management Services are Flexible

- ▶ For most practices, the minimum charge is for a one hour consultation, typically under \$200.
- ▶ We provide expert guidance, based on the needs and budgets of our clients.
- ▶ We refer to other professionals and/or services if we are not the right fit for the situation.
- ▶ We work with clients with a variety of budgets and care needs.
- ▶ We work to stay updated on county services and refer back to area offices on aging as appropriate.

