

SAGE

SENIOR ASSESSMENT GERIATRIC EVALUATION



This resource packet was designed to provide knowledge and local resources to family caregivers of older adults attending the Senior Assessment Geriatric Evaluation (SAGE) Clinic at South Providence Medical Park in Columbia, Missouri. Family caregivers of their older adult family members may not be connected to local resources that may improve their quality of life, the quality of life of their loved one, and the financial burden of caregiving. By providing family caregivers with local resources for affordable services such as respite care for caregivers and affordable assistive devices, families can reduce overall lifetime costs of home health, nursing, and residential care facilities.

**Social Work 7760: Social Justice Seminar
Summer Semester 2018**

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TYPES OF LIVING AND CARE OPTIONS

Care in the Home

Type 1: Home Health

- Major Payer: Medicare
- Short-term

Type 2: In-Home Care

- Major Payer: Medicaid
- Long-term
- Includes companion or homemaker services

Type 3: Private Duty or Private Pay

- Major Payer: Private Fund/Insurance
- No time or need-based restrictions

Independent Living

Independent living is appropriate for older adults who are still able to live independently but enjoy the assurance of having assistance available nearby and when needed. Communities for independent living provide safe living environments and access to entertainment, dining, and some medical care all with minimal assistance. Some independent living facilities may offer hospitality services (i.e. housekeeping and laundry) for an additional monthly fee.

Assisted Living

Assisted living is appropriate for older adults who may need assistance with activities of daily living, such as meal preparation and transportation among other things. Assisted living facilities provide a maintenance-free lifestyle for older adults so they can still enjoy the independence provided by independent living facilities while receiving assistance to ensure their safety and peace of mind. Many assisted living facilities offer additional care services such as medication management and assistance with bathing.

Skilled Nursing

Skilled nursing may be provided in-home, in some assisted living facilities, in some hospitals, and in temporary residential rehabilitation centers. The primary differences between skilled nursing and nursing home care are the services provided and who provides those services. Skilled nursing is sometimes referred to as “post-acute care,” because it typically follows an emergency hospital stay and is provided until the patient is capable of returning home. A skilled nursing facility often includes many specialists beyond nursing including speech pathology, audiology, occupational therapy, dietetics, and other rehabilitation specialties.

Nursing Home

Nursing home facilities are intended for individuals needing long-term skilled nursing care. Another term for nursing home care is “indefinite custodial care.” Nursing homes provide non-medical assistance such as bathing, dressing, toileting, medication management, mobility, and meal preparation among other things. Nursing home facilities are most appropriate for people who have difficulty taking care of their activities of daily living. There is no guarantee that a nurse or doctor will be on the premises of a nursing home at all times.

HOME SAFETY

Preventing Falls

- Make sure all hallways, stairs, and rooms are well lit
- Do not leave objects such as books or shoes laying on the floor, stairs, or in pathways
- Do not leave electrical cords exposed in walkways
- Do not place throw rugs at the top or bottom of stairs
- Tape all area rugs to the floor so they do not move when walked on
- Put non-slip rubber mats in the bathtub or shower
- Install hand rails in the shower and near the toilet
- Avoid waxing floors
- Mop up spills immediately

Cleaning

- Never mix bleach, ammonia, or other cleaning liquids together
- When possible, open windows when cleaning to allow fresh air inside and avoid prolonged exposure to potentially harmful fumes
- Straighten up regularly. Clutter can cause stress and can also cause important documents or objects to be lost.
- Dust and vacuum at least once per week to prevent dust mites and other bacteria from causing additional health problems
- Clean the kitchen after every use and always put away leftover food in proper storage containers to avoid contamination
- Use disinfectant cleaning products in the kitchen and bathroom. This is especially important when an infection is present or suspected.

Medication

- Keep medications in their original containers to avoid mixing them up and to bring to appointments with your health care provider
- Create a medication schedule or use a weekly pill box to know when morning, afternoon, and evening pills have been taken
- Ask the pharmacist to put large-print labels on medication bottles
- Bring pill bottles to all health care provider appointments

Loved Ones with Dementia

- Sharp objects and hazardous household materials should be locked away (*Tip: Child-proof locks can be used to lock dangerous materials in cabinets*)
- Investigate odors. It is common for people with dementia to hide food and let it spoil in closets, drawers, and even the refrigerator
- Consider installing automatic temperature-controlled water faucets. Dementia can dull sensitivity to temperature

The following household materials are hazardous and can be harmful:

Cleaning products	Paint	Nail polish remover	Prescription and
Household bleach	Paint thinners	Hair spray	over-the-counter
Ammonia	Turpentine	Aerosol spray cans	medication

COMMUNITY RESOURCES

Adult Day Centers

Bliss Adult Day Care, LLC	573-639-9072
Close to Home, LLC	573-476-6234
Columbia Senior Activity Center	573-874-2050
University of Missouri Adult Day Connection	573-882-7070

Aging and Disability Services

Boone County Family Resources	573-874-1995
Bureau of Special Health Care Needs, State of Missouri	573-751-6246
Central Missouri Area Agency on Aging (CMAAA)	573-443-5823
Central Missouri Regional Center, State of Missouri	573-441-6278
Senior and Disability Services, State of Missouri	800-392-0210
Services for Independent Living	573-874-1646
Social Security Office (S.S., S.S.D.I., S.S.I., and Medicare)	866-563-9108

Assistive Devices/Medical Equipment

Columbia Hearing Center	573-875-4327
Heartland Medical Equipment, Inc.	660-886-9229
Lincare	573-449-0296
Services for Independent Living	573-874-1646
Wheelchair Personalities	573-424-1486

Healthcare/Medicare Assistance

CLAIM Missouri State Health Insurance Assistance Program	800-390-3330
Missouri Long-Term Care Ombudsman Program	800-309-3282

Meal Delivery

Central Missouri Area Agency on Aging (CMAAA)	573-443-5823
Meals on Wheels (home delivered meals)	573-886-7554

Transportation

Central Missouri Area Agency on Aging (CMAAA)	573-443-5823
Central Missouri Community Action MO Rides	573-777-5213
Columbia Para Transit (eligibility required)	573-874-7290
MO Health Net (non-emergency medical transport)	866-269-5927
OATS, Inc.	573-449-3789
Services for Independent Living	573-874-1646
Veterans Administration	573-814-6002

Veterans Services

Columbia Vet Center	573-814-6206
Missouri Veterans Commission	573-882-5135
Veterans Administration	573-814-6002

CAREGIVER RESOURCES

Respite Care is intended to give you a break from taking care of your loved one and let you be a daughter, son, or friend again instead of caregiver. Respite Care and Companion Care can be closely related. Companion Care offers your loved one consistent interaction with a professional companion aide. Companion aides not only provide friendly, compassionate companionship to your loved one but they are also trained to perform some homemaking duties such as cleaning and meal preparation. Companion Care offers your loved one time with another person who can care for them, keep them active, and engage in activities to improve their mood. While your loved one is enjoying companionship with a professional, you are provided with a few hours to yourself. You can use this time to relax and take care of yourself with the comforting knowledge that your loved one is safe and cared for. You can also use this time to allow yourself to go back to the role of child or friend to your loved one instead of “caregiver.” Respite Care and Companion Care services are designed to help improve your relationship with your loved one and ensure you receive the care you need too.

Respite Care and Companion Care

BrightStar Care	573-777-9222
Home Helpers	573-636-2273
Home Instead Senior Care	573-442-4333
Keeping Good Company: Senior Care at Home, LLC	573-289-9767
Right at Home	573-777-8770
Visiting Angels	573-445-6340

Local Support Groups

Adult Children as Caregivers	573-823-2077
Breakfast Club for Caregivers and Loved Ones with Dementia	573-808-4972
Days of our Lives: Women’s Caregivers Support Group	573-808-4972
Grief Support Group Sessions	573-443-8360
Hometown Homecare Support Group	660-248-2100
Men Emerging as Caregivers	573-808-4972
Missouri Cancer Associates Support Groups	573-817-8527
Parkinson’s Support Group	573-434-4569

Online Support Groups

Aging Care	https://www.agingcare.com
Alzheimer’s Association Connected	https://www.alzconnected.org/
Children of Aging Parents	http://www.caps4caregivers.org/
Family Caregiver Alliance	https://www.caregiver.org/support-groups
CMAAA Caregiver Initiative	http://www.cmaaa.net/caregiver.htm

Please consider taking this short online survey to help us improve this education and resource packet for other caregivers of older adults

<https://www.surveymonkey.com/r/SZSRMDZ>

Appendix A

RECOMMENDATIONS

The Senior Assessment Geriatric Evaluation (SAGE) assessment for caregivers of SAGE patients informs the need for various resources available within this resource packet. Determining the caregivers' needs by learning about their support system, self-care practice, and whether they feel burdened or pressured by the responsibility of caregiving helps inform what resources to which caregivers should connect. Conversation with caregivers is essential to determine what needs and resources to discuss with caregivers.

This resource packet is to be given to any and all caregivers attending the medical evaluations appointments of patients at the Senior Assessment Geriatric Evaluation (SAGE) clinic. Individuals who receive this educational and resource packet are asked to take a survey containing quantitative and qualitative questions. Results from the survey will be used to evaluate of the usefulness of the SAGE Caregiver Resources packet as well as determine what other resources patients and their caregivers need. With the results, the packet will be periodically updated with new information and community resources at least twice annually.

The following questions were included in the online survey:

1. How long has it been since your most recent visit at SAGE clinic?
2. How would you rate the usefulness of the SAGE Caregiver Resource packet?
3. Which section(s) of the SAGE Caregiver Resource packet did you find most useful?
4. Prior to receiving the SAGE Caregiver Resource packet, how much of the information needed were you able to find on your own?
5. What other information would you like to see in the SAGE Caregiver Resource packet?

Appendix B

SAGE ASSESSMENT

PATIENT ASSESSMENT

Living Arrangements

1. Can you tell me about your current living arrangements? (live alone, with a spouse, with a family member, etc.)

Activities of Daily Living

1. Describe to me what a typical day looks like for you
 - a. Are you able to dress, bathe, feed, toilet by yourself?
2. Do you have any hobbies or other activities you enjoy?

Mobility

1. How well are you able to get around your home and other places in the community?
 - a. Walk outside
 - b. Walk in home
2. Are there any situations you find yourself unable to get around?

Safety

1. On a scale from 1-10, with 1 being not safe at all and 10 being the safest you have ever felt, how safe do you feel in your home?
2. In the past year, has anyone made you afraid, touched you in ways that you did not want, or hurt you physically?*
3. In the past year, have you been upset because someone talked to you in a way that made you feel shamed or threatened?*

Medications

1. Tell me about your routine with taking your medicine

Finances

1. Do you find yourself having trouble paying for things you need? (rent, bills, food etc)
2. In the past year, has anyone tried to force you to sign papers or use your money against your will?**

Mood

1. Describe your mood on a daily basis
 - a. Little interest or pleasure in doing things?
 - b. Feeling down, depressed, or hopeless?

Current Services

1. Are you currently enrolled in services with any other agencies?

Miscellaneous

1. Are there any needs you can think of that are not being met right now?

****Possible elder abuse if answered “yes” to these questions. Assess caregiver as abuser:**

- Does the caregiver:
 - Call the patient names?
 - Minimize the patient’s injuries?
 - Neglect the patient in any way?
 - Exploit the patient’s finances?
 - Control the patient’s actions, including where they go and whom they see/talk?
 - Abuse alcohol or other drugs?
 - Have a criminal history?
 - Have history of mental illness?

