

What you need
to know about
AGING (i)fe CARE™



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The experts in aging well.

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How to Locate an Aging Life Care Expert

Visit us at aginglifecare.org
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What is Aging Life Care™

Aging Life Care / geriatric 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.

In May 2015 the National Association of Professional Geriatric Care Managers (NAPGCM) changed its name to Aging Life Care Association® (ALCA). The profession of "Geriatric Care Management," as defined by this organization, was changed to the Aging Life Care™ profession and its practitioners "Aging Life Care Professionals®." You'll find the same qualified professionals and same high standards.

ALCA Mission

Leading the community of Aging Life Care Professionals through education, professional development, and the highest ethical standards.

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What is an Aging Life Care Professional®?

The Aging Life Care Professional is a health and human services specialist who is a guide, advocate, and resource for families caring for an older relative or disabled adult.

They may be trained in any of a number of fields related to long-term care. These include counseling, gerontology, mental health, nursing, occupational therapy, psychology, social work, and other allied health professions, with a specialized focus on issues related to aging.

The Aging Life Care Professional assists older adults and persons with disabilities reach their maximum functional potential. The individual's independence is encouraged, while safety and security concerns are also addressed.

They have extensive knowledge about the costs, quality, and availability of resources in their communities. One call to an Aging Life Care Professional will connect you with the appropriate services.

All Aging Life Care Professionals are members of the Aging Life Care Association® (ALCA). Members meet stringent education, experience, and certification requirements of the organization and are required to adhere to a strict code of ethics and standards of practice.

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 multiple medical or psychological issues
- is unable to live safely in their current environment
- is not pleased with current care providers and requires advocacy
- is confused about their own financial and/or legal situation
- has limited or no family support

Or if your family

- has just become involved with helping the individual and needs direction about available services
- is either "burned out" or confused about care solutions
- has limited time and/or expertise in dealing with the individual's chronic care needs and does not live close by
- is at odds regarding care decisions
- needs education and/or direction in dealing with behaviors associated with dementia

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 — 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 — Aging Life Care services follow ALCA's Standards of Practice and Code of Ethics.

ALCA
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What other services do Aging Life Care professionals provide?

While the majority of Aging Life Care clients are older adults, many also assist younger adults who face the challenges of disability or serious illness.

Aging Life Care Professionals may help people who have:

- Physical Disabilities
- Developmental Disabilities, (e.g. Intellectual Disabilities, Down's Syndrome, Autism, or Asperger's Syndrome)
- Brain Injury
- Mental Health Problems
- Chronic or Serious Illnesses of any type