

# Engage Fully in Life – All Your Life!



## Elizabeth Swider

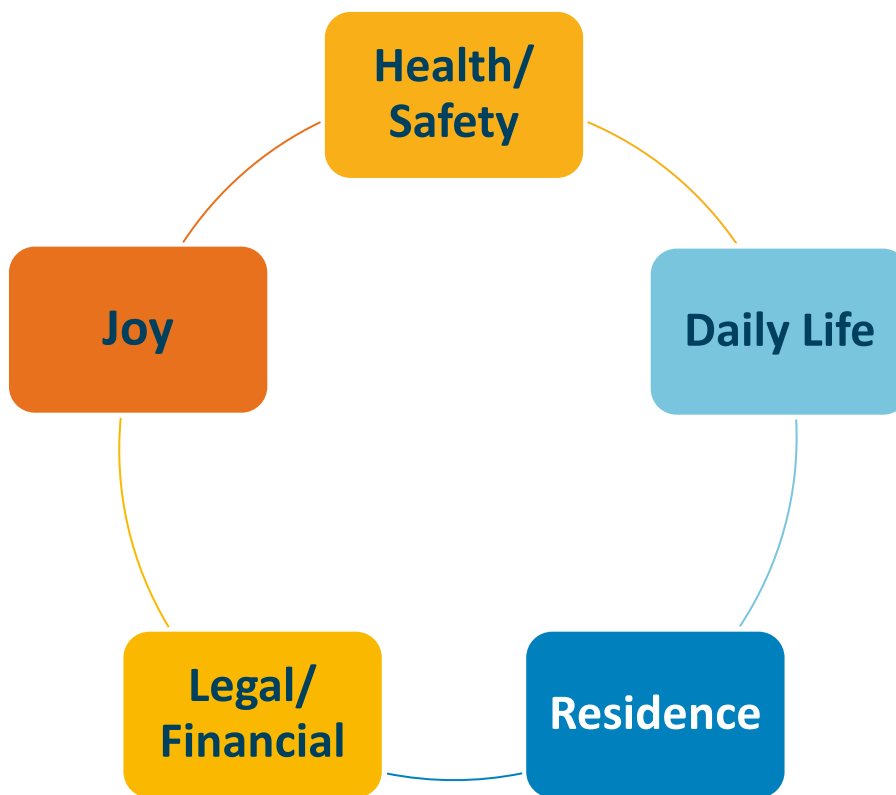
Certified Senior Advisor

Certified Aging in Place Specialist

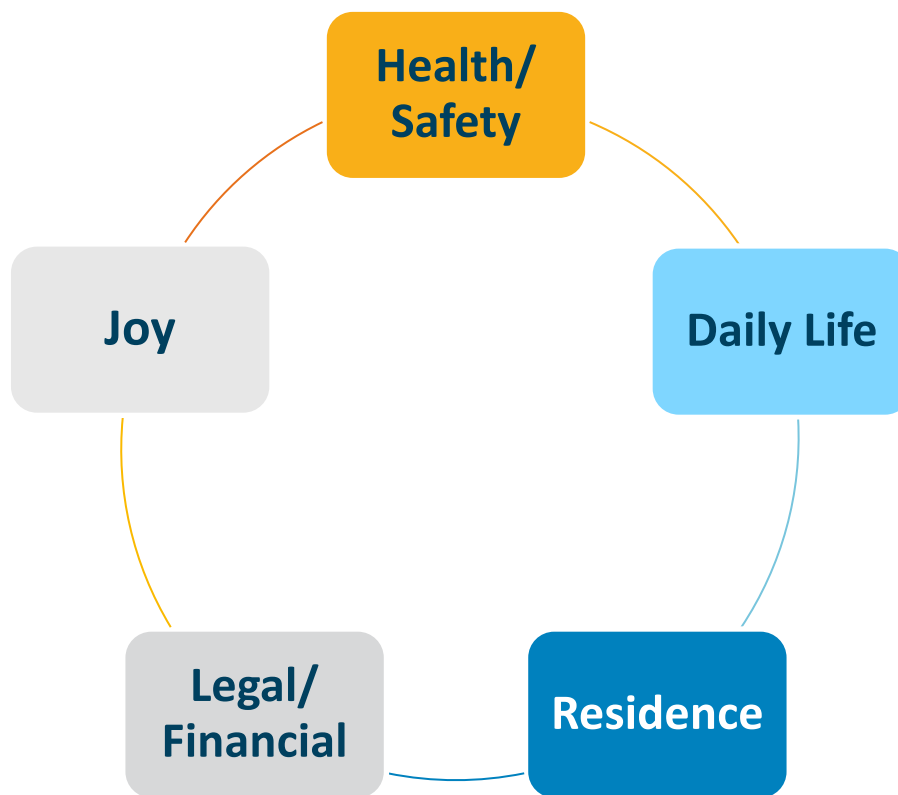
Owner, Care is There Geriatric Care Management  
Chairwoman, Aging in Place Business Round Table

Care   
is There  
*Coordinating Independent Lifestyles*

# Components of Life



# Components of Life



# Areas of Risk

- Falls
- Chronic disease management
- Medication management
- Fraud / abuse
- Isolation / loss of meaning/  
depression



# Solutions for Health and Safety



## Assistive Devices

- Hearing/Vision
- Mobility/Safety

## Disease Management

- Support groups/education
- Home health agencies
- Pharmacists

## Exercise/Rehab

- Fitness clubs/Senior Center
- Physical therapists

# Solutions for Health and Safety



## Home Safety

- Online Checklists
- Home Health Agencies

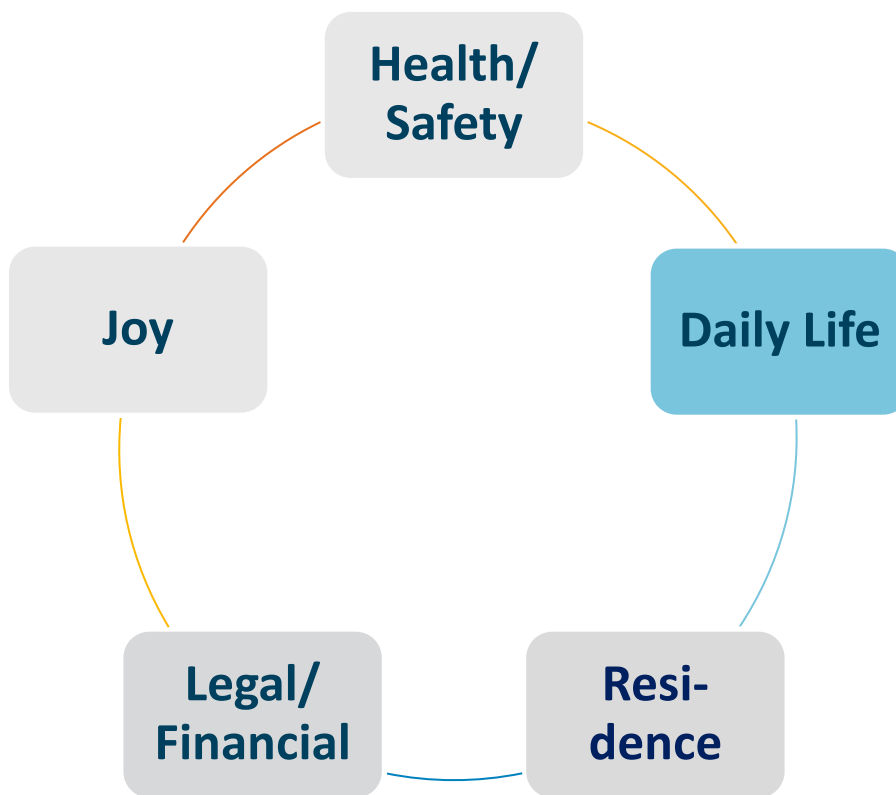
## Crime Prevention /Emergency Prep

- Triad
- ReadyVirginia.gov

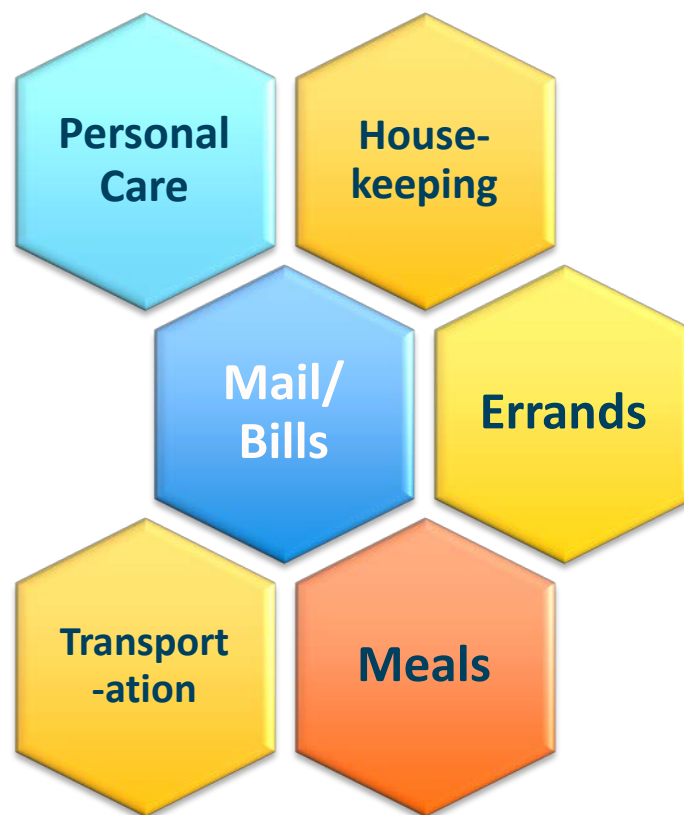
## Care Management

- GCMs like Care is There, loved one/ friend
- PACE

# Components of Life



# Daily Life





# Care Agencies

Care Manager

Companion Care

Personal Care

Skilled Nursing

# Care Agencies



## Companion Care

- Light housekeeping, meal prep, errands
- Not paid by Medicare; \$17 - \$24/hr

## Personal Care

- Bathing, dressing, toileting
- Not paid by Medicare; \$20 - \$24/hr

## Skilled Nursing

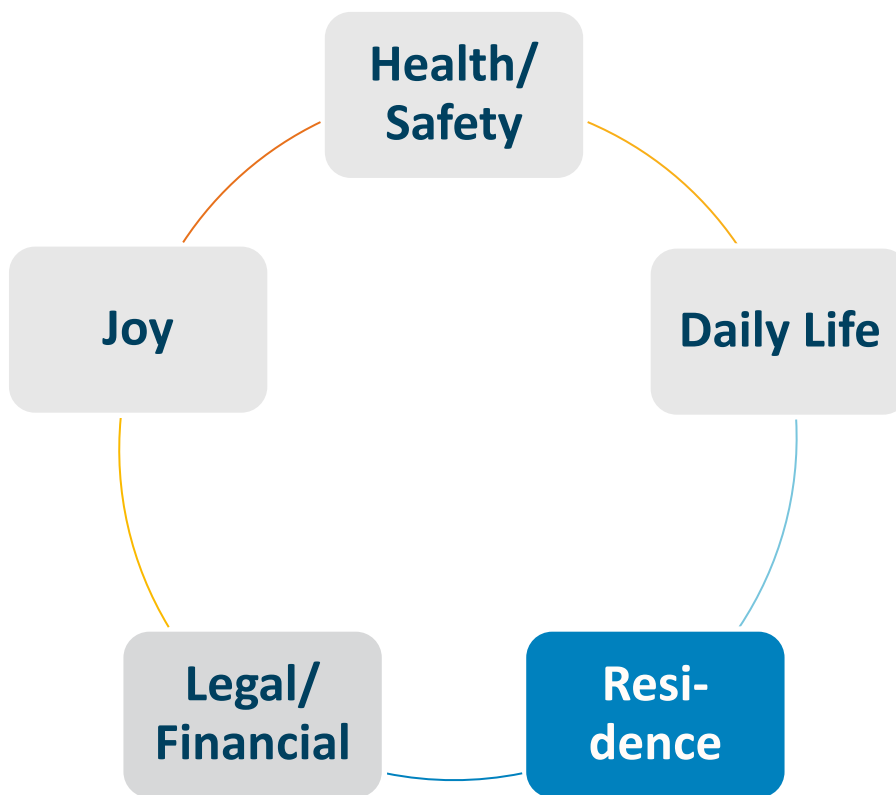
- Medication management, wound care, physical /occupational therapy
- Paid by Medicare if homebound

# Other Resources for Daily Life

- Daily Money Managers
- Organizers
- JAUNT
- Meal Delivery
- JABA Adult Day Care
- Cville Village



# Components of Life



# Residences - Local

## Independent Living

- Branchlands
- Independence
- Jefferson Heights
- Park View/Woods Edge
- University Village

## Assisted Living/ Memory Care

- Gordon House
- Heritage Inn
- Lodge at Old Trail
- Martha Jeff House
  - Morningside
- Rosewood Village

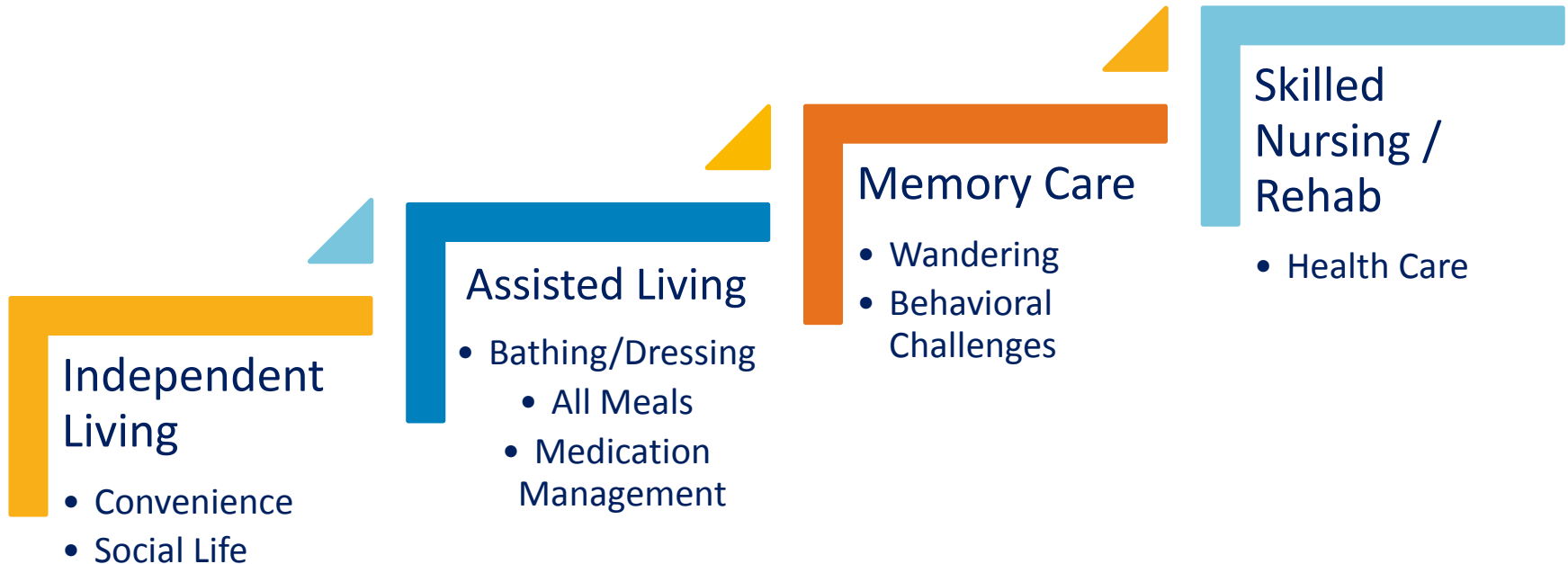
## Skilled Nursing / Rehab

- Cville Health/Rehab
- Golden Living
- The Laurels
- Trinity Mission
- UVA HealthSouth

## Continuing Care Retirement Communities

The Colonnades, Our Lady of Peace, Westminster Canterbury

# Residences – Levels of Care



## Continuing Care Retirement Communities

Aging in Place, Couples at different levels of care

# Information and Referral



- **JABA** information and referral (434) 817-5260
- **Aging in Place Business Round Table** (Elizabeth Swider 434.326.5323 ext 2)
- **Cville Seniors**, website of local service providers: [www.cvilleseniors.org](http://www.cvilleseniors.org)
- **The Caregiver's Library**, online listing of local providers: [www.agingyourway.org](http://www.agingyourway.org)
- **www.CareisThere.com** Resources section



1. www.CareisThere.com



- HOME
- SERVICES
- ABOUT
- FAQS
- CONTACT US
- RESOURCES

2. Choose "Resources" then "Solutions"

- Home
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- Solutions

Searching ...

# The Care Map from Care is There

This Care Map will help you find solutions to common care situations and will list local providers that can help you.

*The material on this site is for informational purposes only, is not a substitute for legal, financial, professional, or medical advice or diagnosis or treatment and does not imply endorsement by Care is There Geriatric Care Management.*

**Health & Safety**

**Daily Life**

**Your Home**

**Legal And Finances**

**Support And Joy**

**Information**



# Care is There Geriatric Care Management

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