



Why Choose Us?

Give Yourself a Team of Care Management Experts

Expert Help Caring
For Aging Parents

For 15 years Aging Solutions has been providing geriatric care management for older or developmentally disabled adults. We help families on a short or long-term basis, providing:

- Assessments
- Crisis intervention
- Long term care planning
- Care management

We specialize in difficult situations:

- Alcohol or medication problems
- Complex family dynamics
- Financial elder abuse
- Special needs trusts



Our focus is to stabilize a situation with an elderly person or relative, and to then find ways to maintain that stability. Families can use our services on a one-time basis to get moving in the right direction or can retain us for oversight and support long-term. We solve simple to complex problems that can be among the most troubling a family with aging relatives will confront.

A free assessment is offered to families needing help to figure out exactly what their situation is, and to then understand what they need to do to solve their problems.

What makes us different from other care management companies in the San Francisco Bay area?

1. We do not use independent contractors as care managers or for any other position. Many care-providing companies do nowadays because it's cheaper, but it translates to less commitment and less accountability. Our company's commitment to our employees translates to outstanding care for our clients and their families.
2. We oversee the personal well being of clients and their households and hold other providers accountable for their services to our clients.
3. We do not provide hands-on caregivers or nurses, but rather refer you to local agencies that we know and trust.
4. Our experience runs deep, over more than 15 years, with situations that involve extremely complex family dynamics, alcohol and medication abuse, financial elder abuse, and misuse of conservatorships.
5. We review each client's case weekly so the whole team is always on top of changes both positive and negative.
6. We do not accept referral fees or kickbacks from any source, such as a nursing home, for feeding them clients.

Fees: Range from \$80 to \$120 an hour. We also have a discounted monthly flat fee program, which gives families peace of mind at a fixed cost.



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Frequently Asked Questions:

1. Do we provide nurses for medical care?

No. We are geriatric care managers, "a health and human services specialist who helps families who are caring for older relatives. The Geriatric Care Manager is trained and experienced in any of several fields related to care management, including, but not limited to nursing, gerontology, social work, or psychology, with a specialized focus on issues related to aging and elder care", - the definition of the National Association of Geriatric Care Managers, to which we belong. We know how to obtain all necessary medical expertise, through doctors and nurses already paid for by Medicare or other insurance. This helps us to keep our fees to clients lower than other companies. It should be noted that under California law, nurses cannot act independently and must do so under the supervision of a doctor or an appropriately licensed home health agency.

2. Do we provide caregiver services directly?

No. Our expertise is in managing and overseeing not only the personal care and well-being of our clients, but also in looking at the big picture to foresee likely problems or issues and recommend the best courses of action. We work closely with caregiving firms and independent caregivers hired by the family, and with accountants, attorneys, the courts, and therapists. We act as the eyes and ears for families, establishing checks and balances for the protection of clients.

3. Can we take over a client's financial affairs or make health care decisions for them?

No. Performing such functions (such as a fiduciary or conservator) while also supervising their care is a clear conflict of interest and places the client at great risk. Not all firms or individuals who work in the geriatric field these days see it that way.



The 10 Most Important Things You Can Do to Take Good Care of Your Loved Ones

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- 1. Knowledge is Power. Learn about the Aging Systems that you will be relying on to help support your aging parents**
 - Medicare
 - HMO's
 - Medicaid
 - Long term care insurance
 - County aging services
 - Department of Public Social Services-In Home Supportive Services
 - Veteran's benefits and services
 - Private home care
 - Assisted living facilities
 - Board and care facilities
 - Skilled nursing facilities
 - Hospice care
 - Respite care
- 2. Know how your parents want to live, as they grow older**
 - Use the Parent Profiler to open up discussions about what they want and where they want to live.
- 3. Obtain a working knowledge of their financial and legal affairs**
 - Offer to help them make sure all of their affairs are in order
 - Use the Parent Profiler to compile and organize everything
- 4. Obtain a working knowledge of their Health Care Issues**
 - Understand their medical conditions and know what medications they are taking.
 - Maintain copies of their Power of Attorney for Health Care.
 - Become educated about depression, dementia, Alzheimer's disease, strokes and cardiac diseases so that you know what symptoms to look out for as they grow older.
- 5. Nutrition**
 - Know what type of diet your parents should be following and encourage them to stay on track.
 - Really push exercise and activities - if you don't use it, you lose it!
 - Look for any sudden weight loss or gain and know what to do to address it.



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6. **Advocating**

- Understand that you need to be their advocate at all times to make sure that they get what they want and need.
- If necessary, bring in an outside party to help your family.

7. **Professional Assistance**

- Find a team of professionals that will work together to make sure that all of your parent's needs are met.
- Never use just one provider to handle everything such as: legal affairs, investments, financial planning and health care issues.
- Always have a check and balance system in place to protect your parents and their estate.

8. **Caregivers**

- Understand that care-giving is a very hard job and it needs to be shared by more than one person.
- Only use agencies that conduct full background checks, including fingerprinting, are fully insured, carry workers compensation and use employees, not independent contractors.

9. **Socialization**

- Understand the importance of not being isolated from the outside world and how it may affect your parents' mental outlook.
- Find ways to keep your parents involved with other people through regular phone calls, or even a care manager that helps them with medical appointments. Internet communication is great for some people also.

10. **Relationships with Family**

- Keep your relationship with your parents as close as possible and use other people to act as caregivers whenever possible.
- Try to get support from your siblings in providing care or pitching in some money to pay for care.
- Once you become a full-time caregiver, your relationship will change and you may not enjoy the relationship you have always had. Understand that your stress becomes tremendous.
- Don't let your sense of duty tarnish your loving relationship with your parents.



About Us

Your Team of Care Management Experts

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Aging Solutions, Inc. helps adult children and families successfully navigate the increasingly complex world of long-term care, home care, nursing homes, assisted-living placement, and Medicare and Medi-Cal. We are unique among private geriatric care organizations in serving as an independent advocate, crisis-manager, troubleshooter, and referral



Diane LeVan

source. We work solely for the benefit of each client and family. There are no referral fees, kickbacks, or other financial conflicts of interest to compromise our integrity.

Since its founding in 1997, ASI has offered services that are focused exclusively on the best interests of its elderly and disabled clients. We work to ensure that elderly or disabled relatives receive the highest quality of care, with a special focus on ensuring that no financial or other harm is taking place. Aging Solutions is a firm believer in the concept of aging-in-place: that is, home is the best place to age.



Helen Sandeman

Aging Solutions takes a multi-disciplinary approach to each client's care. A team of clinical and non-clinical professionals oversees all aspects of a client's needs, acting as the eyes and ears for your family.



Terri Abelar



Kathy Bass, RN



About Our Services

Give Yourself a Team of Care Management Experts

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Aging Solutions has been providing services to aging and disabled adults and their families since 1997, using a unique, holistic approach to care management. This has helped us build a California-wide reputation for integrity, innovation, and expertise among elder-law and health-care professionals, and many other geriatric and disabilities specialists.

So what does that mean for you?

- If you're an adult child worried about mom and dad living alone, we guide you to concrete, practical things to consider. After a 90-minute consultation, we can usually give you, and them, a comprehensive plan for staying in their home or looking for an alternative.
- We know how emotionally draining this time can be for families, and how confusing. Our knowledge of government programs like Medicare and In Home Supportive Services (IHSS) can save you time and anxiety. Our knowledge of the business practices of nursing homes, assisted-living, and home-care agencies can keep you from going down a lot of wrong paths.

- We have lots of experience with dementias like Alzheimer's, and know how frightening this time can be for families. We know where the experts are and how to ensure disease sufferers can have the best quality of life.
- We have seen more than a fair share of cases of financial exploitation and abuse of the elderly, how easily they can be taken advantage of, and how to put a stop to it.
- Whether you live far away from your aging parents or relatives, or close at hand, we know how stressful your situation may be. We are experts at arranging local care, acting as your eyes and ears, even when you live time zones away.

Complimentary assessment

- To set up a complimentary assessment of your family's particular situation, you can call or email us at:

Toll-free: [877.301.9702](tel:877.301.9702)

Local (Bay Area): [415.324.5088](tel:415.324.5088)

Email: info@agingsolutions.com



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How Can We Help?

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Assessments, Care Plans, Care Management, and Referrals to Reputable Professionals

- Hands-on guidance to help you solve problems from simple to very serious
- Easy-to-understand information about your options and how much they cost
- Help finding benefits you may not know about that could help pay for assistance
- An experienced Care Manager to take some of the pressure off you quickly and to help figure out the best action plan
- Help with lining up home caregivers or with making a transition to another setting
- Ongoing monitoring of services and care, while keeping you closely advised
- Connections to reliable, trustworthy agencies for caregivers and other services
- A realistic evaluation of potential dangers and guidance on how to handle a bad situation
- Seasoned experience to guide you through elder abuse situations
- Exclusive referrals to experts for help with civil or criminal action



Initial Consultation

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Initial Consultation

An initial consultation usually lasts about 90 minutes. At all times, our approach is holistic; that is, we look at entire circumstances of the client or family. We ask about current health, medical history, living situations, legal and financial issues, among others. After many years' experience, we can quickly uncover red flags that signal that something is wrong.

Your communications with Aging Solutions are at all times confidential and we adhere to federal privacy laws.

Who Participates?

It can be older parents or relatives on their own, spouses, adult children, or some combination of all of these. We can meet in person with clients anywhere in California (and anywhere in the country by special arrangement). We can handle multiple family member situations—such as adult brothers and sisters—through conference calls. This saves time and everyone gets the same information at the same time. Such consultations usually last longer because more people mean more questions.

After the Consultation

We identify current problems, a variety of approaches or solutions to those problems, and any potential obstacles. Once we have identified the critical elements of your and your parents' situation, we educate you about your options. With your authorization, we identify any further assessments that may be necessary, create a Care Plan, and also create both short-term and long-range action plans.



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