



Home for the Holidays

Face the Facts: Topics to Discuss Now with Your Aging Parents

It is said that love is the greatest gift of all. As many families gather together during the holiday season, it may provide a good opportunity to express how much we care through a frank and open discussion with older relatives about their well-being. As we age and live longer, **financial, legal, health care** and **long term care** issues affect families, not just individuals. The Eldercare Locator, a nationwide service funded by the U.S. Administration on Aging that links older consumers and their families to local aging services, produced this guide to help families “face the facts” about these important topics. The overview below addresses some key areas of concern, suggested questions to ask, and ways in which families might initiate conversations about these often difficult to discuss topics with their aging parents.

Key Considerations...

1 Find out what financial benefits are provided by your parents’ **Social Security** and **pension**. Determine if they are eligible for other financial programs.



Be certain each family member has a **living will**. Know where all your parents’ insurance policies, wills, trust documents, tax returns, investment and banking records are located.



3 Understand that **Medicare** generally does not cover long term care (e.g. nursing home or extended home care), and **Medicaid** pays only for low-income individuals.

4 Investigate what type of **long term care insurance** coverage may be best for your parents or for yourself! Generally, premiums are lower when policies are purchased at younger ages.



Identify what **community services** are available that can help your parents maintain **independence in the home** for as long as possible — such as home modification programs that can install assistive devices (i.e., bathroom rails and entry ramps), and home health and chore assistance. Learn whether housing options are available to meet their changing needs.

5

Family members may not understand how their parents’ estate planning could impact their own financial status as well as that of their children.

Conversation Checklist

Families may avoid potential problems and be in a good position to deal with later life needs by understanding and being prepared to face the following issues.

Financial Organization

There are many financial resources that your loved one might already be receiving or be eligible for.

Social Security is the federal program that provides retirees a regular income based on work history, and benefits to disabled workers. Long-time workers usually have pensions that are retirement compensation plans either fully managed by the employer, or involve employee contributions, such as Tax-Deferred Annuities (TDAs) or Individual Retirement Accounts (IRAs). Some people have “lost” a pension they earned, while others forget about a retirement account set up many years prior. Low-income and disabled individuals age 65 or older could also be eligible for monthly cash benefits through **Supplemental Security Income (SSI)**.

Ask...

- What type of retirement income do you receive?

- Are pension savings from all jobs over the years being collected?

- Is there a need to apply for Supplemental Security Income benefits?

- Who can access your important financial information in case of emergency?

- Where do you keep these important documents?

“Thirty percent of adults do not know where their parents keep important papers such as their health insurance card, financial statements or will.”

— Family Circle and Kaiser Foundation

Legal Preparation

Wills and power of attorney may not be topics your relatives want to discuss. However, these issues need to be addressed before it's too late to make sure that their assets are properly taken care of and that their medical treatment preferences are known. A **will** directs how a person wants property to be distributed after death and appoints a trusted person to be the executor; and a **durable power of attorney** provides written authorization for a person you name to act on your behalf for whatever financial or health care purpose you spell out. An **advance directive** is a legal document that provides directions for your health care if you are unable to speak for yourself.

Ask...

- Do you have a will?

- Have you executed a durable power of attorney or considered who you might want to handle your finances or health care decisions in the event that you are unable to so?

- Are important legal documents up to date?

- Where are these important documents kept?

- What other legal matters are you concerned about ?

Conversation Checklist

Health Insurance

Health care is a high-cost necessity, so it is crucial to know what is available to meet your family member's needs, and what they are eligible to receive. Most adults over age 65 are covered by **Medicare**, the federal health insurance program that helps pay medical expenses for older Americans and younger people with disabilities. But Medicare does not cover all needs, and **Supplemental Insurance** (also called Medigap insurance) might be necessary to cover additional health costs. **Medicaid**, on the other hand, is the federal and state insurance program that helps pay the health care costs of low-income individuals of any age. **Long term care insurance** is available through the private market to assist individuals to cover the cost of long term care services such as home health and nursing home care. These policies are often expensive, however, premiums are usually lower if the policies are purchased at a younger age. Having a long term care insurance policy ensures that your loved one can make their own choices about what long term care services they receive and where they receive them.

Ask...

- As your health status changes, are you prepared to meet your long term health care needs?

- Do you have proper health insurance coverage (not too much or too little)?

- Are you comfortably able to pay for prescription drugs and other out-of-pocket health care costs?

- Who are your doctors and how can they be contacted?

- Where do you keep your insurance card, Medicare information, and other important health care documents?

Community Services

One of the most useful forms of help that adult children can provide for their parents is information about community resources that are available to enhance their independence. Services like **home modification** are available to help reduce the risk of accidents and make daily household activities more comfortable to perform. **Emergency Response Systems** not only summon emergency help quickly, but can also increase the feeling of security within the home. **Transportation** services may be available to assist older adults who need help getting to appointments with their doctor. There are many community resources to help older persons by providing information or a needed service. Find out about these and other services available through your state, area agencies on aging, and local aging services providers by contacting the **Eldercare Locator** at 1-800-677-1116 or www.eldercare.gov.

Ask...

- Are there house repairs or modifications needed that will help you, such as installing bathtub railings, an emergency response system, or other assistive devices?

- Do you need assistance with housekeeping, shopping or personal care activities?

- If you become homebound, would you need home-delivered meals?

- Do you need transportation? What services are available in your community?

- Do you anticipate needing other living arrangements in the future?



Contact the **Eldercare Locator** at **1-800-677-1116** Monday through Friday, 9:00 a.m. to 8:00 p.m. EST or through the Web site at **www.eldercare.gov**. The Eldercare Locator is a public service of the U.S. Department of Health and Human Services Administration on Aging and is administered by the National Association of Area Agencies on Aging in cooperation with the National Association of State Units on Aging.



**ELDER
CARE
LOCATOR**

*A Way To Find Community
Assistance for Seniors*

1-800-677-1116

**1730 Rhode Island Ave., NW, Suite 1200
Washington, DC 20036
Tel: 202-872-0888 • Fax: 202-872-0057**

— *Home for the Holidays, 2003* —

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Here are some services that can assist your family members:

Adult Day Care

Social, recreational and health services provided in a protective setting to individuals who cannot be left alone because of health care need, confusion or disability.

Information and Referral/Assistance Information Services (I&R/A)

Specialists provide assistance and linkage to available services and resources.

Case Management

Case managers work with family members to assess the needs of seniors and arrange for services to assist them to remain independent.

Elder Abuse Prevention Programs

Allegations of abuse, neglect and exploitation of senior citizens are investigated by protective service specialists. Intervention is provided in substantiated cases of abuse, neglect or exploitation.

Emergency Response Systems

Provides in-home 24-hour electronic alarm systems that enable homebound persons to summon emergency help.

Employment Services

Helps older adults explore employment opportunities.

Financial Assistance

Benefit programs include energy assistance, financial management counseling, food stamps, prescription drug assistance and Social Security.

Nutrition Services

Nutritious home delivered meals (known as "Meals on Wheels") are provided to older persons who are homebound. Congregate Meals provide the opportunity for older persons to enjoy a meal and socialize with other seniors in the community.

Home Chore Services

These services include housekeeping, shopping and home maintenance.

Home Health Services

Includes such activities as changing wound dressings, checking vital signs, cleaning catheters and providing tube feedings.

Legal Assistance

Advice and representation is available to persons aged 60+ for certain legal matters including government program benefits, tenant rights, and consumer problems.

Personal Care

Services assist functionally-impaired individuals with bathing, dressing, walking, supervision, emotional security, and eating.

Respite Care

Offers caregivers a break from constant supervision and personal care of a person with a functional impairment.

Senior Housing Options

The variety of options available include: assisted living, retirement communities, nursing facilities, government assisted housing, and shared housing.

Senior Center Programs

Offers a variety of recreational and educational programs, seminars, events and activities for older adults.

Telephone Reassurance

Trained volunteers provide regular contact and safety check to reassure and support homebound senior citizens and disabled persons.

Transportation

Services are available for older or disabled individuals who do not have private transportation, or who are unable to utilize public transportation to meet their needs.

Volunteer Services

Volunteers provide daily telephone reassurance, friendly visiting and insurance counseling to older adults.

Conversation Approaches

Prepare yourself to be open, honest and not argumentative.

Be ready to listen and hear what is being said to you.

Have some knowledge about the topic you're talking about.

Direct

If the care recipient is a 'no-nonsense, get-to-the-point' personality, openly express your concerns and ask questions for information you need to address specific situations that might arise.

Educational

For the relative who might need a delicate push, you might begin by sharing an experience of another caregiver you know about their own personal situation, and explain how it made you realize the importance of discussing issues now that will help you be of better assistance to them in the future.

Expert

For the relative who refuses to talk about personal issues or tends to accuse their children of trying to take control of their life, seek to make them the expert by asking for their advice about a particular issue — for example, "what type of long term care plan should I look into," or "can you recommend someone to help me prepare my will." This strategy is non-threatening and could lead to them sharing personal details, or at least letting you know where they stand on the subject.

Resources

Organizations/Publications

Eldercare Locator

www.eldercare.gov
1-800-677-1116

WISER

*5 Questions to Ask your
Mother or Grandmother*
www.wiser.heinz.org
202-393-1990

Medicare

www.medicare.gov
1-800-Medicare

Kaiser Family Foundation

*Talking with Your Parents about
Medicare and Health Coverage*
www.kff.org
650-854-9400 or 202-347-5270

**American Bar Association
Commission on Law and Aging**
*Health and Financial Decisions:
Legal Tools for Preserving Your
Personal Autonomy*

www.abanet.org
312-988-5000 or 202-662-1000

Pension Benefit Guaranty Corp.

*Finding a Lost Pension
(on Web site, see publications/
Pension Participant Publication)*
www.pbgc.gov
202-326-4000

Social Security Administration

www.ssa.gov
1-800-772-1213