

# SARA Companion Services Newsletter

Edition 1, Volume 1

SPRING 2014

Licensed Home Health Care  
Services

*Skilled Attentive Reliable Assistant*

## Fall Prevention in Older Adults

### What Family Members Need To Know

As your parents age, they will likely want to remain as independent as possible in their home. However, there may come a time when you can't give them the help they need. Mom or dad might have difficulty getting around, walking or exercising. They might be exhibiting signs of

leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults. Every 15 seconds, an older adult is treated in the emergency room for a fall and every 29 minutes an older adult dies following a fall. As a

**According to the U.S Centers for Disease Control and prevention, falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.**

physical or neurological conditions such as Alzheimer's. They also might have multiple medications that they are taking. All these scenarios put them at risk for falling, which is the most common accident in the home for the elderly.

According to the U.S Centers for Disease Control and prevention, falls are the

caregiver for an older adult, it is necessary to understand the leading risks for falls, and take measures to help keep your loved ones safe. Many older adults who fall, and are not injured can develop a fear of falling. This may cause them to limit their activities, leading to reduced mobility and loss of physical fitness, which in turn increases their risk of

### "Mr. Smith"



I would like to tell a little story:

"Mr. Smith was taking Lasix 20mg daily. He went to the hospital for a procedure and returned home with a prescription for Furosemide 20mg. Mr. Smith filled the prescription and, not knowing this was the same drug, he started taking both. He became dehydrated, dizzy and fell. Mr. Smith was readmitted to the hospital two days after his discharge. Don't let this happen to you or a loved one. Always keep a list of medications with you at all times and have someone besides yourself aware of all medication issues. Follow up with your physician ASAP after a hospitalization and bring your discharge papers from the hospital."

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falling. Those suffering from neurological conditions, Parkinson's disease, multiple sclerosis and Alzheimer's disease are at increased risk for falling. Many medications have side effects that can affect an older adult's coordination and balance or cause dizziness, confusion and sleepiness.

Taking proactive steps can reduce the chances that your loved one will experience a fall.

- ✓ Review all medications with a physician or registered pharmacist including prescriptions, over-the-counter medications, vitamins and minerals.
- ✓ Have an up to date list of all medications and

## HOME SWEET HOME!

### Vincent J. Russo, Esq.

*I met with Alice who was recently diagnosed with early stage Alzheimer's. She told me that she is worried that she may need help with her care in the future, but she does not want to go to a nursing home. She owns her home and she and her husband (who died 4 years ago) were able to save some of their hard earned money. She is getting by financially, but is*

provide them at doctor visits.

- ✓ Make sure medications are properly labeled and have clear instructions.
- ✓ Based on the needs of your loved one, consider having home care services such as a certified companion or certified home health aide to minimize the chance of a fall.
- ✓ Have a fall prevention home inspection done to correct and limit potential problems.
- ✓ According to the Consumer Safety Council, 40% of all falls are preventable.
- ✓ Call 516.837.3388 for a free Fall Prevention Checklist.



**SARA Companion Services is a New York State Licensed Home Health Care Agency,**



**For free in home visit and fall prevention analysis, call us on our 24/7 live customer line at 516.837.3388.**

**Here are a few tips on how you can stay at home:**

1. If you need care, do not hesitate to **access quality home care services**, even if you have to pay privately for the care. Your quality of life comes first.

*Concerned that if she needs help she would not be able to afford it and that her life savings would be wiped out.*

Do you have a plan to "Stay at Home" if you need care in the future? Thanks to advances in medicine, eating healthier and taking better care of ourselves, we are living longer. At the same time, it is also likely we will need care at home in our lifetime.

2 Make sure you have **Advance Directives** in place if you are not able to make your own decisions: Durable Power of Attorney for financial decision making and a Health Care Proxy and Living Will for health care decision making. You want to avoid a Guardianship proceeding which can be time consuming and expensive.

3 Review your finances and **create a plan to pay for your care** if you need it in the future. Do you have Long Term Care Insurance? The key is to have a plan in place before a crisis. Meet with an experienced elder law attorney who can help you navigate the long term care system.

4 Plan for Medicaid if you do not have the resources and income to pay for care. Pooled Trusts such as the Theresa Pooled Trust can protect your monthly plan.

5 [www.theresaoundation.org](http://www.theresaoundation.org)  
Vincent J Russo, J.D., LL.M., CELA is the Managing Shareholder of Vincent J. Russo & Associates, P.C., Long Island's Signature Elder Law, Special Needs and Estate Planning Law Firm with offices located in Westbury, Islandia, Lido Beach and Manhattan, New York.  
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## “Who is the Sandwich Generation?”



How many sleepless nights will you have worrying about your loved one? Can you afford to miss another day of work? How long can you keep up the juggling act? Kids-Job- Caregiver. Are you consumed by the overwhelming sense of responsibility you have for your loved one who can no longer be alone? How will you split your time? How will you find the time to go to your kid's soccer game, and then do the laundry, shopping, cleaning, and meal preparation, for your loved one? Are you sandwiched between caring for your children and older adults? Welcome to the “Sandwich Generation.” **Who is the sandwich generation?** 24 million Americans are squeezed between taking care of children and older adults. According to the Pew Research Center 1 out of 8 Americans ages 40-60 are

raising a child and caring for an older parent.

Get the emotional balance back in your life, no more sleepless nights worrying. Reduce your stress and anxiety, no more being stuck in the middle. Have more time for yourself, and enjoy the time spent with your loved one without the worries. Admitting you can't do it all is the first step. The second step is getting the help your loved one needs. Call 516.837.3388 we can help! Let SARA Companions do what we do best, provide affordable, quality home care for your loved one.

We have specially trained caregivers for Alzheimer's and Dementia care. SARA Certified Companions, Certified Home Health Aides (HHA's), Certified Patient Care Assistants (PCA's).



*"Every Age Has It's Beautiful Moments" Albert Einstein*

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