

WHAT IS AGING LIFE CARE™?

What Does an Aging Life Care Professional Do?

We primarily work with older adults and have an expertise in geriatrics. We bring experience of working with resources in your community and are aware of real-life problems, health and otherwise, that emerge as persons age. We are connected to a community of social workers, nurses, psychologists, elder law attorneys, advocates, and other professionals.



Overwhelmed by the choices and decisions involved with caring for an aging loved one? Hit with an emergency and don't know where to start? Or do you want to plan for your own senior years and make your own decisions?

No matter your individual situation or preferences, **Aging Life Care Professionals™** offer a client-centered approach to guide families to actions and decisions that ensure quality of care and optimal life. We are the experts in aging well.

What is Aging Life Care?

Aging Life Care™, also known as 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 an **Aging Life Care Professional (ALCP)** provides the answers at a time of uncertainty.

Our 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 through:

- Assessment and monitoring
- Planning and problem-solving
- Education and advocacy
- Family caregiver coaching

The Experts in Aging Well

The expertise of Aging Life Care professionals can be summarized into 8 knowledge areas. Let's take a closer look:

Health and Disability. From physical problems to mental health and dementia-related

Learn more about Aging Life Care™ at aginglifecare.org

problems, Care Managers interact with the health care system effectively and frequently. We attend doctor appointments and facilitate communication between doctor, client, and family. We help determine types of services – including home health and hospice -- that are right for our clients and assist in engaging and monitoring those services.

Financial. Services may include reviewing or overseeing bill paying or consulting with a client's accountant or Power of Attorney. Care Managers provide information on Federal and state entitlements, connecting families to local programs when appropriate. We also help clients and families with insurance concerns, claims, and applications.

Housing. Aging Life Care Professionals help families and clients evaluate and select appropriate level of housing or residential options.

Families. We help families adjust, cope and problem-solve around long-distance and in-home caregiving, addressing care concerns, internal conflicts and differences of opinion about long-term care planning.

Local Resources. Care Managers know the local resources in our community like the back of our hands and know how services are accessed.

Advocacy. We are strong and effective advocates for our clients and their families, promoting the client's wishes with health care and other providers, ensuring that client's needs are being adequately addressed.

Legal. Aging Life Care Professionals refer to legal experts, like elder law attorneys, estate planners, and Powers of Attorney. Some Aging Life Care Professionals provide expert opinion for courts in determining level of care and establishing client needs.

Crisis Intervention. Care Managers offers crisis intervention when it is needed, helping clients navigate through emergency departments and hospitalizations, rehabilitation stays, and ensuring that adequate care is available to the client. For families that live at a distance, this can be a much-needed 24/7 emergency contact.

How Do I Find an Aging Life Care Professional?

The best way to find an Aging Life Care Professional is to use the Aging Life Care Association's (ALCA) **Find an Aging Life Care Expert search tool** at <https://www.aginglifecare.org> You can search by city and state or zip code.

ALCA members are committed to maximizing the independence and autonomy of aging adults while ensuring the highest quality of health and human services. Through education, advocacy, counseling, and service delivery, ALCA members assist older persons and their families in coping with the challenges of aging.

ALCA promotes the highest standards of practice and membership is open only to qualified individuals. Requirements include specialized degrees and experience in human services, including, but not limited to, social work, psychology, gerontology, nursing, or therapy.