

# Senior Services News

## Elder Caregiving in the 2020s

November is National Alzheimer's Disease Awareness Month and it's time to give a shout-out to all those whose daily responsibility it is to provide care for our frail elders, particularly those with Alzheimer's disease. As these caregivers know too well, care for someone with moderate to advanced dementia is not a one-person job! It requires patience with behavioral changes, skills and diplomacy with personal hygiene management, physical strength to assist with mobility challenges, and endurance as the years go by and the tasks just get harder.

If the caregiver is a spouse or close family member, the situation can become steadily more confining and isolating, and frankly depressing, and can lead to burnout in the absence of a sufficient support system. This support system might involve recruiting more family members to spell you, to provide respite or a break from caregiving. You may need to hire paid caregivers in the home, or enroll in an adult daycare program, or consider moving to an assisted living facility, a board and care home, or nursing home.

In any case, that support system will involve other people, and as our nation's demographics change, those "other people" will increasingly be members of our immigrant population. Right now, 20-25 percent of our certified nursing assistants and home care aides are foreign-born. As our population ages, the demand for their services is going to rise. Paul Osterman, professor at MIT's Sloan School of Management, has estimated that in 15 years there will be a national shortage of 151,000 direct care workers and 3.8 million unpaid family caregivers. This means the cost of those services, either in terms of money or lost time from work, will likely rise significantly. As our national birth rate declines, the demand will be supplied more and more by immigrants. So the future cost of caregiver support has a lot to do with the future of our immigration policy!

Two-thirds of the funding for long-term care comes from the federal Medicaid program, and so we taxpayers will have some decisions to make with regard to our priorities in health care funding in the years to come. On the positive side, this demographic change may make our elder caregivers more appreciated and valued in our community, and hopefully lead to a public demand for more widespread and comprehensive programs

of training for them, and more public and private subsidies for their services. Our economy is now at "full employment" according to the economists, which means that there is little room for employees to be taken 'out of service' to provide eldercare support at home. So it will be increasingly in the public interest that eldercare services becomes at least as much a part of our workforce support infrastructure as child care is now.

If spousal care is not available, think about the worker who has a frail elder at home who has to be taken to doctor's appointments, laboratory and x-ray imaging services, visits to the emergency room for sudden illness etc. Multiply that by a million or two every day. Now imagine yourself calling for a plumbing emergency and being told that you will have to wait a few days since their main guy is out on family leave because his dad is sick! Or maybe your cable installation is delayed for a similar reason. Perhaps service in your local restaurant is slow because one of the wait staff had to go home when her mother called, sounding very confused. Perhaps your elderly mother's application for Medi-Cal benefits is weeks or months delayed due to a flood of new applicants combined with a shortage of government workers who process the paperwork, because more of them are out on family leave due to the growing care needs of their parents. This type of scenario is going to become much more common, and will have economic implications for all of us.

The care of frail elders, with and without dementia, is a burden borne quietly by a steadily growing proportion of our society. It is an occupation that does not receive the attention and respect it richly deserves, and it is an economic force that threatens to overwhelm us unless we make the right investments, both private and public.

**Lawren Hicks, MD**  
Medical Director, Senior Services



# Educational Opportunities

There is no charge to attend our health education events unless otherwise noted. **Registration is required.** Register early - class size is limited. Register on-line at [johnmuirhealth.com](http://johnmuirhealth.com) or call 941-7900 option 1.

## OCTOBER— DECEMBER 2017

### **Aging Gracefully** – Alan Brast, Ph.D., C.C.H.T., CSA

October 5 | 9:30 – 11 a.m. | 941-7900 option 1 | John Muir Health, Concord Medical Center

Is it possible to age without becoming angry or feeling increasingly less vital and important? This presentation offers a new slant on your status as a mature adult and the benefits life's experiences may provide.

### **Why Am I Always Tired?** – Kathy Napoli, MA, RD

October 19 | 9:30 – 11 a.m. | 941-7900 option 1 | Wellness Services, Walnut Creek

Do you find that you are running on empty, have afternoon energy slump or foggy brain when making decisions? If so, let's look at some health, nutrition and lifestyle- related reasons for your low energy.

### **Brain Changer - How to Thrive in the Golden Years or Any Time of Your Life** – Jeffrey Mark, MD

October 26 | 1 – 2:30 p.m. | 941-7900 option 1 | Pleasanton Outpatient Center

What we know about brain health, memory, and how we think and learn has changed. Learn about the latest ways to keep your brain thriving through the 21st century.

### **Medicare 2018: What You Need to Know** - Health Insurance Counseling & Advocacy Program

November 1 | 7 – 8 p.m. | 941-7900 option 1 | John Muir Health, Walnut Creek Medical Center

November 9 | 1 – 2 p.m. | 941-7900 option 1 | Brentwood Outpatient Center

Learn a few basics about Medicare and about open enrollment, who needs to take action during open enrollment, changes in Medicare plans and strategies to save money on prescription drugs.

### **Special Medicare Open Enrollment Counseling Event** - Health Insurance Counseling & Advocacy Program

November 16 | 10 a.m. – 2 p.m. | Call HICAP 602-4163 | Brentwood Outpatient Center

Individual counseling to review your Medicare coverage and make sure you have the best option for 2018. Call HICAP for information about appointments or drop in services.

### **Taking Care of Your Neck and Back** – Lori Sweet, PT, CFT

December 7 | 9:30 – 11 a.m. | 941-7900 option 1 | John Muir Health, Concord Medical Center

Learn about your anatomy and core muscles that affect your neck and back. Lesson will include movement and stretches that will help improve your strengthen and flexibility.

### **Understanding Options For In-Home Care** – Sara Kelly, MSW

December 8 | 9:30 – 11 a.m. | 941-7900 option 1 | Brentwood Outpatient Center

Sara will discuss what to consider when hiring in-home care, the difference between skilled and custodial care and what is involved in working with home care agencies and home health.

### **Everything You Wanted to Know About Dementia But Forgot to Ask** – Steve Holtz, MD, FAAN

December 15 | 9:30 – 11 a.m. | 941-7900 option 1 | Walnut Creek Outpatient Center

Dr. Holtz is a founding member of Neurology Medical Group of Diablo Valley. He will discuss the diagnosis and treatment of dementia and Alzheimer's disease.

# Ongoing Classes

## AARP Driver Safety Program

October 12 & 19 | 2 - day, 8 hour class | 8:30 a.m. - 1:15 p.m. | John Muir Health, Concord Medical Center

October 28 | refresher class | 8:30 a.m. - 1:15 p.m. | John Muir Health, Walnut Creek Medical Center

November 18 | 1-day, 8 hour class | 8:30 a.m. - 5 p.m. | John Muir Health, Walnut Creek Medical Center

This Smart Driver classroom course, designed for motorists over age 50, helps drivers refine existing skills and develop safe, defensive driving techniques. Offered in an eight hour or four-and-a-half hour refresher course for those who meet the criteria for renewal. There is a charge for this class. Register online at [johnmuirhealth.com](http://johnmuirhealth.com) or call 941-7900 option 1.

## Advance Health Care Directives - Suzanne Leib, LMFT

October 17 | 9:30 a.m. - 11:30 a.m. | 941-7900 option 1 | Walnut Creek Outpatient Center

November 7 | 9:30 a.m. - 11:30 a.m. | 941-7900 option 1 | Tice Valley/Rossmoor Outpatient Center

December 5 | 9:30 a.m. - 11:30 a.m. | 941-7900 option 1 | John Muir Health, Concord Medical Center

All adults, regardless of age, need to understand how they can have control over their own life and death decisions. Learn the choices you or your family may face due to an accident or serious illness. This is an opportunity to clarify your choices and make sure they will be carried out should you become unable to make your own health care decisions. Required documents will be provided.

## Catch Yourself - Fall Prevention to Maintain Your Independence

November 6, 8, 13, 15 | 1 - 2:30 p.m. | 941-7900 option 1 | Lung Health Services, Classroom A, Concord

This four-session class series raises awareness about falls by practicing techniques in class. Learn how to improve your strength and balance, simplify your environment, and identify fall risks. Classes will cover home safety strategies, exercise techniques, medication management, and other ways to decrease your risk of falling. Wear comfortable shoes and clothing. Plan to attend all four classes. If you have taken this class in the past 12 months, and feel you still need fall prevention information, we ask you to follow up with your primary care doctor or call Wellness Services 941-7900 option 1.

## Welcome to Medicare - Health Insurance Counseling & Advocacy Program

October 11, November 8, December 14 | 7 - 9:30 p.m. | 941-7900 option 1 | John Muir Health, Walnut Creek Medical Center

October 10, November 14, December 12 | 7 - 8:30 p.m. | 941-7900 option 1 | Pleasanton Outpatient Center

This course is for those new to Medicare, or soon to enroll, who want to understand the many benefits available. Learn about health benefits, drug coverage and how to supplement your coverage. HICAP does not sell or endorse insurance products.

## Memory Screening - What's Your Memory Fitness?

October 10, November 14, December 12 | morning appointments | 947-3300

October 11, November 15, December 13 | afternoon appointments | 947-3300

Brentwood | Pleasanton | Tice Valley/Rossmoor | Walnut Creek Outpatient Centers

Many people notice changes in their memory as they grow older. If you are 65 or older and have a John Muir Health primary care physician, Senior Services, in partnership with John Muir Health Neurosciences Institute, offers a free individual memory screening to help determine if your memory is functioning at a level that is typical for a person your age. This is a screening and not a diagnostic exam. Screenings are offered on the specific dates and times at the four locations listed. Call for a 30 minute appointment.



Senior Services  
 1450 Treat Blvd  
 Walnut Creek, CA 94597

**RETURN SERVICE REQUESTED**

**Change in information?** If you have a change in address or wish to be removed from our mailing list, please notify us at (925) 947-3300 or [seniorservices@johnmuirhealth.com](mailto:seniorservices@johnmuirhealth.com)

**John Muir Health Senior Services**

Senior Services offers a wide range of services for John Muir Health seniors including resources, information, assessment services, and educational programs. We help older adults, their families, and those who care for them. Our goal is to help older adults keep their independence and enjoy the best possible quality of life. (925) 947-3300

- Brentwood Outpatient Center  
2400 Balfour Road, Suite 201  
Brentwood
- Pleasanton Outpatient Center  
5860 Owens Drive, 2nd Floor  
Pleasanton
- Tice Valley/Rossmoor Outpatient Center  
1220 Rossmoor Parkway, Suite 100  
Walnut Creek
- Walnut Creek Outpatient Center  
1450 Treat Boulevard, 2nd Floor  
Walnut Creek

**Join the John Muir Health 2017 Walk to End Alzheimer’s Team**

**Saturday, October 21**

The Alzheimer’s Association Walk to End Alzheimer’s is held annually nationwide. It is the world’s largest event to raise awareness and funds for Alzheimer’s care, support, education and research.

“John Muir Health is a strong supporter and sponsor of October’s Walk to End Alzheimer’s in Walnut Creek. We are grateful for the ongoing research by the Alzheimer’s Association to find a cure and their efforts to support members of our community dealing with this terrible disease,” said Lee Huskins, President and CAO of the John Muir Health Physician Network. “It’s a disease that has struck three members of my own family so I know on a very personal level the impact Alzheimer’s has on patients and their families. I hope you will join John Muir Health in walking, donating or doing what you can to support this fight and our shared hope for an end to Alzheimer’s.”

**Location:**

Heather Farm Park  
 301 N San Carlos Drive  
 Walnut Creek

**Contact:**

Brittany Harrit , (408) 372-9912  
 Register on-line: [eastbaywalk@alz.org](mailto:eastbaywalk@alz.org)

**PROGRAM LOCATIONS**

John Muir Health, Concord Medical Center  
 2540 East St., Concord  
 (925) 682-8200

John Muir Health, Walnut Creek Medical Center  
 1601 Ygnacio Valley Rd., Walnut Creek  
 (925) 939-3000

Brentwood Outpatient Center  
 2400 Balfour Rd., Brentwood  
 (925) 308-8100

Lung Health Services  
 2720 Grant St., Classroom A  
 Concord  
 (925) 674-2351

Pleasanton Outpatient Center,  
 5860 Owens Dr., Pleasanton  
 (925) 224-0800

Tice Valley/Rossmoor Outpatient Center  
 1220 Rossmoor Pkwy., Walnut Creek  
 (925) 939-1220

Walnut Creek Outpatient Center  
 1450 Treat Blvd., Walnut Creek  
 (925) 296-9700

Wellness Services, Walnut Creek  
 1656 N. California Blvd., Suite 100  
 Walnut Creek  
 (925) 941-7900 option 1