



Community Education

Assisting Aging Parents or Partners

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Course Description:

Do you have an aging parent or partner with declining health? Each person has a unique situation and navigating the journey to the end of life is challenging. Explore the complex issues you may encounter when assisting the elderly, and discover strategies and resources to manage successfully. Understand the key legal and financial issues and documents relevant to elder care. Learn about the differences in medical insurance, and the different types of housing/medical assistance available to the elderly. Learn how to provide support to an elderly person with medical visits, medications, and gain basic knowledge of common medical issues of the elderly. Compare the potential role of hospice or palliative care. Develop an understanding of the challenges of caregiving, emotional impacts, and family dynamics that can occur.

Learning Outcomes:

As a result of taking this course, students will:

- Be able to describe the key legal and financial issues and documents relevant to elder care, and better understand financial implications and options.
- Understand the key types of medical insurance, and the different options of housing/medical assistance available to the elderly
- Better understand how to provide support to an elderly person with medical visits, medications; basic knowledge of common medical issues of the elderly, and an understanding of the potential role of hospice or palliative care
- Identify and develop strategies to mitigate the challenges of caregiving, emotional impacts and family dynamics that can occur
- Develop a basic knowledge of dementia, including knowing the signs that signal dementia

Week 1:

Introductions, overview and review of the syllabus

- ❖ Context setting – modern elder care

How can I support my loved one with their medical needs?

- ❖ How to prepare ... the basic info required
- ❖ Common medical challenges for the elderly
- ❖ Doctor visits and hospital stays

How will my loved one pay for all this medical care?

- ❖ What type of insurance coverage exists?
- ❖ What are the options, and what is covered?
- ❖ How do I learn more

Week 2:

What are the critical documents for a good legal situation?

- ❖ Identification of key legal documents
- ❖ Why are they important? What makes a good document?
- ❖ Role of POA

Assessing the Financial Situation – Will the money last?

- ❖ Identification of funds and assets
- ❖ Current and anticipated expenses
- ❖ Tax implications
- ❖ Other potential resources/sources of funds

Week 3:

The Housing Situation

- ❖ Is it time to move from the current home?
- ❖ Home care – what does it take?
- ❖ Review of housing options such as assisted living, group homes, etc.

Working through the emotions

- ❖ Becoming or supporting a caregiver/care partner
- ❖ Family Dynamics, communications
- ❖ End of life, hospice and Palliative care

Week 4: (presentation material provided by the Alzheimer's Association)

Dementia – Know the 10 signs

- ❖ Normal aging vs dementia
- ❖ Getting a diagnosis
- ❖ After diagnosis

Basics of Dementia

- ❖ Impact to the brain
- ❖ Treatments, risk factors

Handouts:

A few days prior to each class you will receive an email from me with a PDF file attached. This file will contain the materials that will be covered in class that week. It is recommended that you either print the materials and bring to class (for notes), or utilize your laptop/tablet.

Useful Websites/Resources

Selected Bibliography/Resources:

Given the range of topics covered, the class draws on many resources. At the end of each class section, relevant resources will be identified. A few excellent websites which cover multiple issues related to aging are:

- <http://www.helpingelders.org>
- <https://www.payingforseniorcare.com>
- <http://www.aplaceformom.com/senior-care-resources>
- <https://www.agingcare.com>
- <https://www.alz.org>

Excellent books

- Being Mortal by Atul Gawande
- Eldercare 101 by Mary Jo Saavedra

Class Evaluation: Class evaluations are sent by email. Sometimes the email will be delivered to your “junk mail,” but we can assure you it’s from Clark College only. Your responses are completely anonymous. If you do not see your evaluation immediately after class, look in your junk mail and send it to your email address. If you do not receive an evaluation, please email Continuingeducation@clark.edu or call 360.992.2939.

Inclement Weather:

If the College cancels due to icy conditions you can find this on the college website www.clark.edu ~ If Community Education concludes that the weather is too hazardous we may also decide to cancel this class. In that case you will receive both a phone call and email. Make certain that we have your correct contact information by viewing the class roster.

Looking for classes? Visit our Community Education webpage: www.clark.edu/cce/