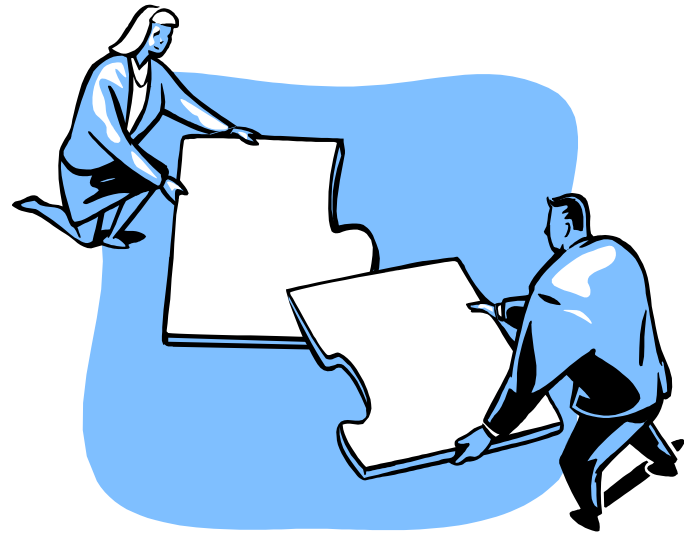


Proactive Aging: Staying Engaged in Your Healthcare Decisions

September 17, 2019

Amy Fowler, BA, CMC
WNC Geriatric Care Management



90% of seniors want to stay
in their homes as they age.

How can this be a reality?

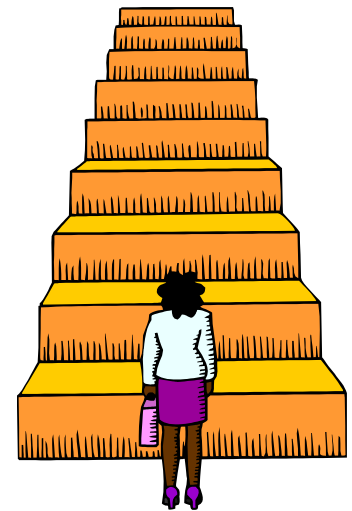
What do I do first?

- Plan ahead by thinking about the types of help you would want in the future
- Think about your current health or illnesses
- Become a savvy consumer



Different Types and Levels of Care:

- Home Health versus Private Duty
- Adult Day
- Palliative Care and Hospice



Facilities

- Independent Living
- Assisted Living
- Skilled Nursing (Nursing Home)
- Continuing Care Retirement Community (CCRC)



Are there other resources?

- Meals
- Money management
- Technology
- Congregate living
- Council on Aging, 211
- Aging Life Care Manager



What is a Care Manager?



Social worker, nurse, gerontologist or other mental health care professional



Specialized training, experience in the field, and familiarity with community resources

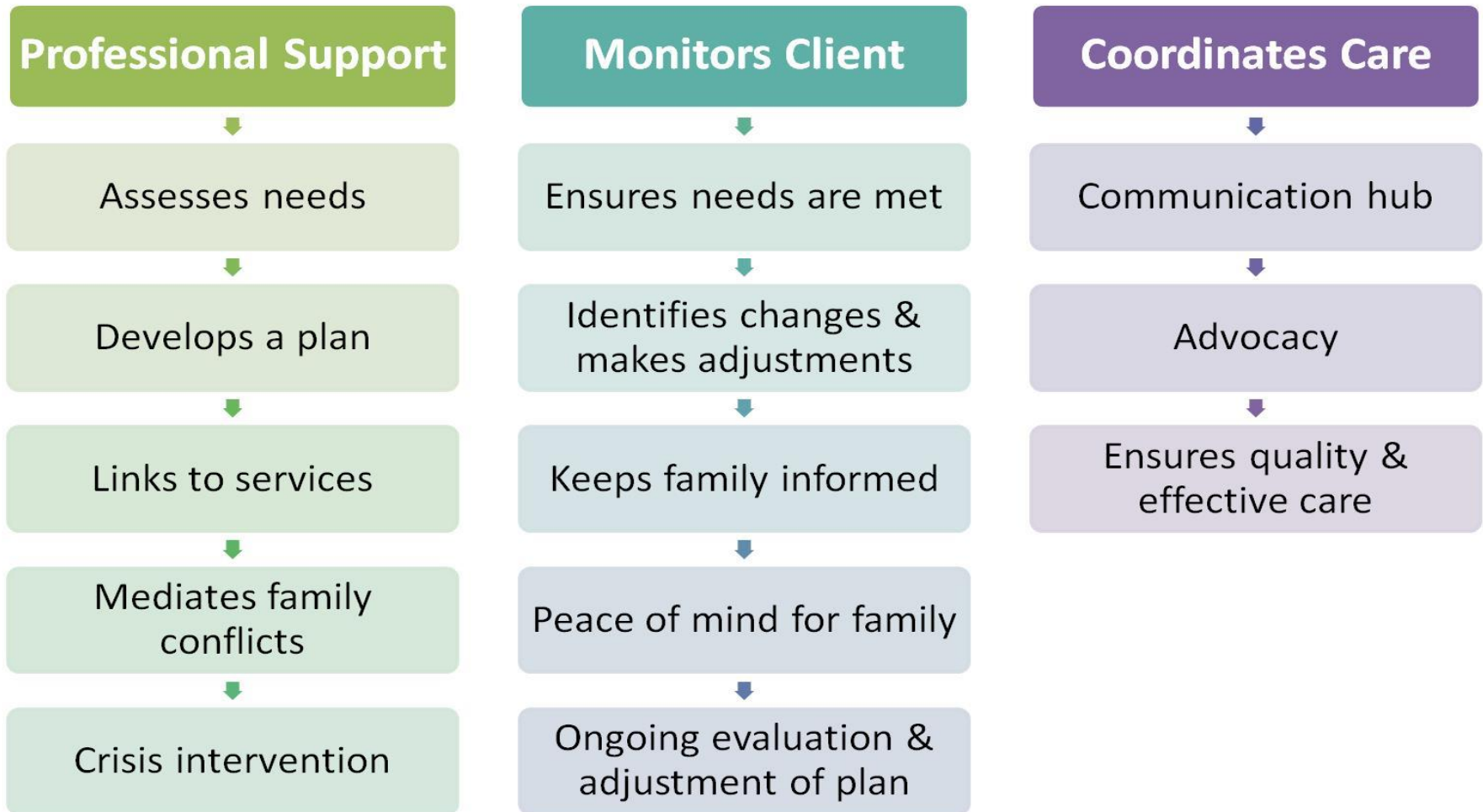


Follows a strict Code of Ethics and Standards of Practice developed by Aging Life Care Assn.



Hourly fee: \$70-150

How a care manager helps



What does an Aging Life Care Manager do?



**Provides peace of mind &
Improves quality of life!**

ALCA

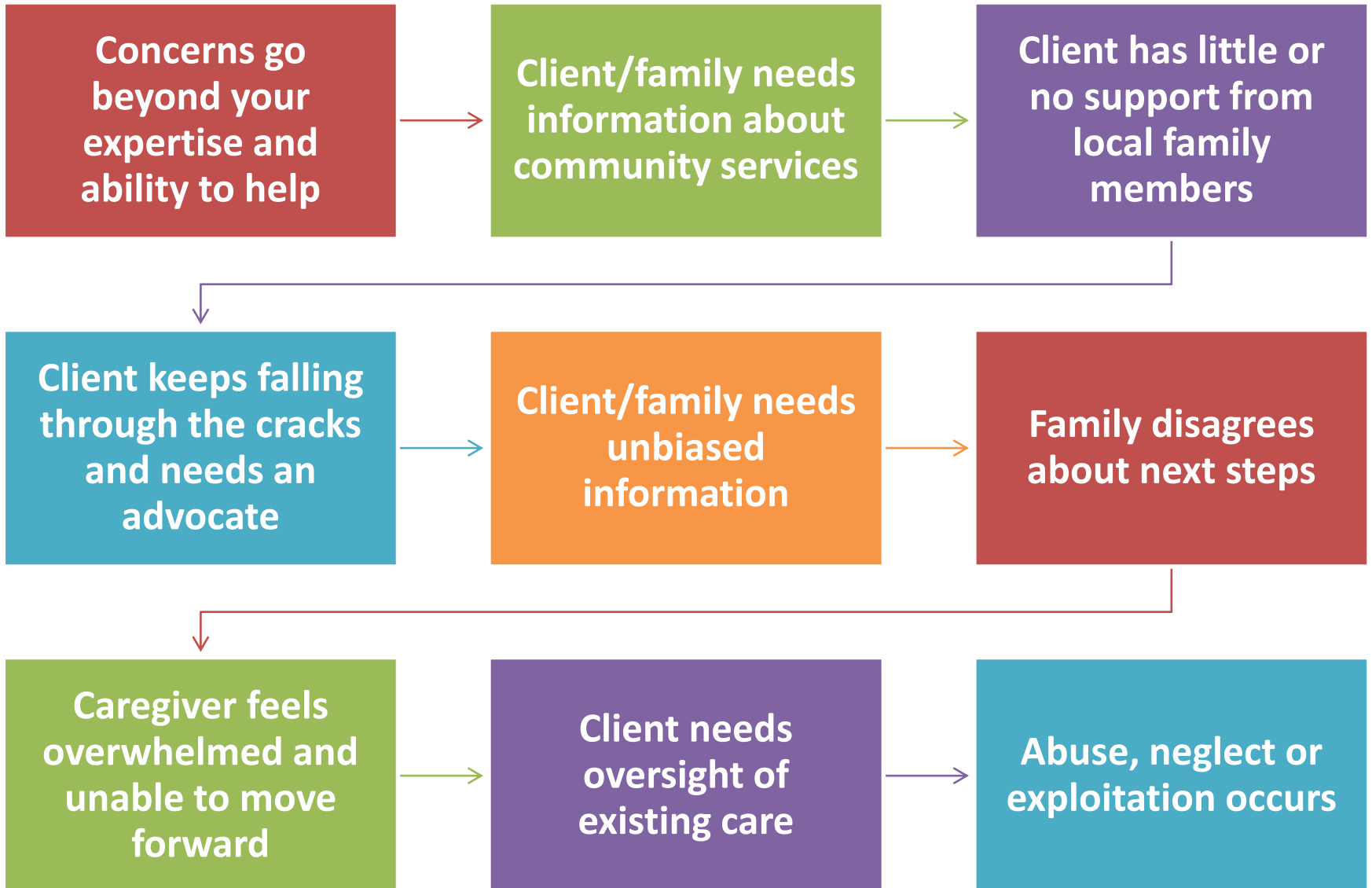
8

knowledge areas

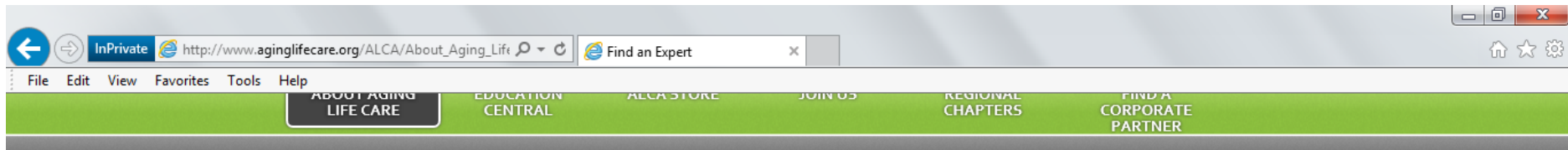


AGING **(i)fe CARE™**
ASSOCIATION

When to refer to a care manager



www.aginglifecare.org



[Home](#) » [About Aging Life Care](#) » Find an Aging Life Care Expert

FIND AN AGING LIFE CARE EXPERT SEARCH

Welcome! To search for an expert, please use the fields below to find an ALCA member in the area where services are needed. To learn more about ALCA membership levels, please [click here](#).

Zip/Postal Code	<input type="text"/>	Distance	10 Miles
Member Level	<input checked="" type="checkbox"/> Advanced Professional <input checked="" type="checkbox"/> Professional <input type="checkbox"/> Associate		
City	<input type="text"/>	State Province	(Any)
Country	(Any)	Company Contains	<input type="text"/>
First Name Contains	<input type="text"/>	Last Name Contains	<input type="text"/>
Practice Areas	<input type="checkbox"/> Advocacy <input type="checkbox"/> Counseling <input type="checkbox"/> Guardianship/Conservatorship <input type="checkbox"/> Insurance <input type="checkbox"/> Assessment <input type="checkbox"/> Crisis Intervention <input type="checkbox"/> Guidance for Adults with Disabilities <input type="checkbox"/> Placement <input type="checkbox"/> Care Management <input type="checkbox"/> Education <input type="checkbox"/> Home Care <input type="checkbox"/> Psychotherapy <input type="checkbox"/> Consultation <input type="checkbox"/> Entitlements <input type="checkbox"/> Information/Referral		
<input type="button" value="SEARCH/FILTER"/>		<input type="button" value="CLEAR FORM"/>	
Please enter your search criteria to view results			

- What you need to know
- Selecting an Aging Life Care Professional
- Working with an Aging Life Care Professional
- Certification and Professional Conduct
- ALCA Blog
- ALCA Consumer Library
- Video Library
- Consumer Resources
- Find an Aging Life Care Expert



Listing in this database does not constitute an endorsement, referral, or statement of qualification by ALCA, nor does ALCA screen or evaluate those listed. Users of this directory should determine for themselves the qualifications of any care



Questions?

Amy Fowler
WNC Geriatric Care Management
amy@wncgcm.com
828-776-4269