



# SENIORCARE OPTIONS

[www.seniorcareopt.com](http://www.seniorcareopt.com)

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**Candor. Compassion.  
Competence.**

Aging Life Care Management  
for the Metro Atlanta Area  
Assisting medically frail seniors,  
disabled adults, & their caregivers



## Aging Life Care Managers – Who, What, When, Where, and Why?

May is a recognition month for certified Aging Life Care™ Managers! Our team is honored to serve families alongside others in this discipline across the nation through the Aging Life Care Association which provides certification, education, a strict code of ethics, & standards of practice.

**This discipline is primarily made up of social workers, nurses, gerontologists, therapists, and mental health professionals with specialized training, vast experience, and an incredible knowledge of community resources. Aging Life Care Managers are privately hired by families to assess, advocate, support, educate, protect, and companion families facing difficult issues both within and outside of the healthcare arena.**

Services assist families to identify need, make necessary adjustments, link to services, mediate conflict, intervene in crisis, facilitate communication, ensure quality of care, support through always-dynamic systems, and provide ongoing evaluation. We have been called a “daughter/sibling for hire” (which I like to add the asterisk of **\*\*\*with medical experience and boundaries**), “air traffic controller”, and “quarterback” – all of which we completely identify with in our work with families.

**Being unwell physically, psycho-emotionally, behaviorally, or cognitively is stressful for one’s entire family system. The situation itself can elicit stress – and often it is falling into a situation already stressed. No one has enough hours in the day and time is constrained. The verbiage is confusing. The information is massive and often incomplete or faulty. The demands exceed the resources. Decisions can be most difficult.**

When we are under stress, we experience changes within our bodies – physically, emotionally, cognitively, and socially. This lack of internal resource and specific knowledge needed for families to handle what is now on their plate can cause impaired decision making, poor judgement, financially risky choices, intense and neglectful focus, and confused priorities. Issues with one’s own health can further complicate these concerns – especially for caregivers dealing with stress on all levels or trying to provide care at a distance.

**Families often find themselves stuck in the web of the healthcare system – both as caregivers and care-receivers. Patients and their caregivers are expected to be the “hub” of knowledge within this system and are often overwhelmed through the need of quick decisions, a saturation of available**

**resources, multiple involved providers, poor communication amongst providers, lack of a variety of home-based services, and sometimes access to funds with no access to knowledge.**

There will never be an absolute fix within the healthcare system. At its core, it will always be humans providing human care. Illness will always be stressful, full of losses, and demanding. Death and often decline is a guarantee for us all. Regardless of imperfections, healthcare providers can continue to seek improvement. All families can continue advocate for what is best at the highest quality and remain person-centered to the specific needs of their loved one facing illness. When they need assistance with what is needed, Aging Life Care Managers can provide extensive support as well as to fill in the gaps within the healthcare system.

**Working with this discipline of providers cannot take away the facts of the situation. However, it can reduce the chaos, help in developing an active plan, align priorities, access resources, budget spending, and share the responsibility of the required role of “hub”. It is not the solution for all families – however, when appropriate, it can be incredibly helpful.**

## Resource Available

### **Aging Life Care™ Association**

<https://www.aginglifecare.org/>

The Aging Life Care™ Association leads the community of professionals in this discipline through education, professional development, and the highest ethical standards. They provide the vision of a “world where adults and their families live well as they face the challenges of aging.”

## About SeniorCare Options

SeniorCare Options provides Certified Aging Life Care Management throughout the Metro-Atlanta area. Our team consists of Master’s level clinicians in the fields of counseling, social work, therapeutic recreation, and registered nursing. Our backgrounds are vast and specific to the current clinical needs of our clients and their families who may be in transition, have chronic or difficult-to-manage conditions, and who require increased guidance. Our interdisciplinary focus, extensive experience, and heightened sensitivity to their specific needs prove to be an invaluable asset to families faced with the maze of options and care needs. **For more information** regarding Aging Life Care Management services, our support groups, or to inquire about requesting services for someone under your care, **please contact us at: 770-579-9177 or [info@seniorcareopt.com](mailto:info@seniorcareopt.com).**