

## Geriatric Care & Management



### Care Management Eases The Burden

Family members burdened with caregiving responsibilities are increasing the need for professional care management. Results of a recent study reported in the Winter/Spring 2007 issue of the *Geriatric Care Management Journal* showed that care management services reduced caregiver burden as well as improved care among frail older adult relatives. The data showed that family caregivers found their overall situation less stressful after working with a care manager.

The top two family caregiving activities requiring the greatest time and effort were **coordinating services** and providing **emotional support**. Family caregivers reported decreased caregiver stress/burden when working with a care manager because the care of their older relative was better managed and many of the family caregiver activities could be transferred. Results of the study reported family caregivers providing an average of 17 hours of caregiving per week before working with the care manager and an average of 6 hours of caregiving after working with the care manager representing a decrease of 11 hours per week. Based on these study results, having care management support is important in allowing family caregivers to continue in the caregiver role while easing their stress and caregiver burden.

### How do I Find a Professional Geriatric Care Manager?

The National Association of Professional Geriatric Care Managers (NAPGCM) is an organization of practitioners whose goal is the advancement of expert assistance to the elderly and their families. NAPGCM is committed to maximizing the independence and autonomy of elders and strives to ensure the highest quality and most cost-effective health and human services. Through education, advocacy, counseling, and service delivery, NAPGCM members assist older persons and their families to cope with the challenges of aging.

To learn more about geriatric care management and to find a care manager in your area, visit [www.caremanager.org](http://www.caremanager.org). NAPGCM has made it easy to locate a care manager near you with their "**Find A Care Manager**" search feature.

*Karen Knutson, MNS, MBA, RN is Director of Client Services for SeniorBridge. She is the past president of the National Association of Professional Geriatric Care Managers and the current Editor-In-Chief of the **Geriatric Care Management Journal**.*

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## Geriatric Care & Management (continued)

Following are members of the National Association of Professional Geriatric Care Managers:

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#### Care Solutions

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www.caresolutions.org

### MECKLENBURG

#### Caregiving Corner

Jennifer T Szakaly, MA  
PO Box 1377, Cornelius, NC  
T 704 492 0554

#### CMC - Healthy@Home

Kim Sturkey, BA  
4701 Hedgemore Dr, Ste 300, Charlotte NC  
T 704 512 2475

#### Jewish Family Services

5007 Providence Rd. Ste 105, Charlotte, NC 28226  
T 704 364 6594  
www.jfscharlotte.org

#### Charlotte Center For Aging Services

Charles Butler, MSC LCSW  
1819 Lyndhurst Ave, Charlotte NC  
T 704 358 0070

#### SeniorBridge

Karen Knutson, MBA, MSN, RN  
212 S Tryon St, Charlotte NC 28281  
T 704 377 2273

#### Personal Health Care Solutions

Martha McLean Lentz MPA, MSG  
4701 Carmel Vista Lane, Charlotte NC  
T 704 906 0547

#### Pinnacle Care Managers, Inc

Tereasa W Owens RN  
606 Kentberry Dr, Charlotte NC  
T 704 391 1121

#### Silver Oak Care Management

LuAnne M Nelson, BS, CSWM  
13824 Queens Harbor Rd #D, Charlotte NC  
T 704 504 3298

### ROWAN

#### Lori Eberly BH, MHA

1121 Old Concord Rd, Ste 13 Salisbury, NC  
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## 2008 ALZHEIMER'S DISEASE FACTS AND FIGURES

- Every 71 seconds, someone in America develops Alzheimer's disease. By 2050, someone will develop Alzheimer's every 33 seconds.
- An estimated 5.2 million Americans of all ages have Alzheimer's disease in 2008.
- One in eight persons age 65 and over (13%) has Alzheimer's disease.
- Alzheimer's disease is among the top 10 leading causes of death for people of all ages, and is No. 5 for those aged 65 and older.
- Medicare data from CMS show that Alzheimer's disease and senile dementia are among the top 10 diagnoses for beneficiaries receiving hospice services. Alzheimer's is number 5 and senile dementia number 8.
- 70% of people with Alzheimer's and other dementias are living at home at any one time.
- 24% of people of all ages who received Medicare- or Medicaid-funded home health care have moderate to severe cognitive impairment.
- In 2007, the 9.8 million family and other unpaid caregivers of people with Alzheimer's and other dementias provided 8.4 billion hours of care valued at \$89 billion.

*2008 Alzheimer's Disease Facts and Figures by the Alzheimer's Association*