

# ***Yours, Mine, and Ours – Caring for Elderly Parents Syllabus***

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1. Challenges facing children caring for aging parents.
2. A sampling of various “care-style” choices available to the elderly.
3. Organized caring:
  - a. Family councils
  - b. Individual approaches
4. Resources:
  - a. Family
  - b. Professionals
  - c. Support groups
  - d. Church
  - e. Government programs
  - f. Miscellaneous
5. Planning:
  - a. Fact finding (health status, financial, legal)

<b>Information Checklist</b>	
Copies of:	
<input type="checkbox"/>	Wills (with any addenda—"codicils")
<input type="checkbox"/>	Durable powers of attorney
<input type="checkbox"/>	Advance directives
<input type="checkbox"/>	Rental agreements or business contracts
<input type="checkbox"/>	Federal and state tax returns for the last 3–5 years
<input type="checkbox"/>	Any insurance policies (life, health, "medi-gap," homeowners, auto)
<input type="checkbox"/>	Medicare or Medicaid cards
Assets List	
<input type="checkbox"/>	Checking, savings, money market accounts
<input type="checkbox"/>	Stocks, bonds and other securities
<input type="checkbox"/>	Real estate deeds
<input type="checkbox"/>	Titles to autos or other vehicles
<input type="checkbox"/>	Business ownership and partnership agreements
<input type="checkbox"/>	Pension and profit-sharing plans
<input type="checkbox"/>	Retirement accounts (IRA, Keogh, SEP, etc.)
<input type="checkbox"/>	Personal loans made
Debts	
<input type="checkbox"/>	Mortgage
<input type="checkbox"/>	Auto
<input type="checkbox"/>	Other loans
<input type="checkbox"/>	Other Liabilities
Miscellaneous	
<input type="checkbox"/>	Names, addresses and phone numbers of doctors, dentists, health care providers, lawyers, financial advisors, insurance agents, banks
<input type="checkbox"/>	Names and phone numbers of spiritual leaders (home/visiting teachers)
<input type="checkbox"/>	Location of keys (home, cars, post office or safe deposit boxes)

Adapted from *How to Care for Aging Parents*, Virginia Morris, 1996

6. Addressing caregiver needs:
  - a. Realistic expectations
  - b. Establishing boundaries and limits
  - c. Thriving vs. surviving
  
7. A.D.L.'s (activities of daily living):
  - a. "Hygiene" needs (including hygiene needs)
  - b. Spiritual and psychological/emotional needs
  - c. Active and passive treatments

## 8. Success redefined (and undefined)