



## **Planning for Successful Aging**

**Pro-active steps for your health, safety, independence and quality of life.**

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According to the Center for Disease Control, *“Aging in Place is the ability to live in one’s own home and community safely, independently, and comfortably regardless of age, income, or ability level.”*

Successful aging extends beyond physical health, incorporating cognitive function, social support, and satisfying life experiences.

A 2021 AARP survey findings found; 92% of people age 65 to 74, and 95% of people 75 and older, associated successful aging with aging in place.

Currently more than 10,000 Baby Boomers turn 65 every day in the United States. Research studies estimate and as many as 70% of these baby boomers, will need some form of assistance as they age.

### **ONE THING WE CAN ALL BE SURE OF IS WE’RE AGING**

While studies show that most seniors are healthy and function at high levels, it is inevitable that as we grow older, issues will surface related to our independence.

Meeting our current and evolving needs often requires a multi-disciplinary approach that encompasses many aspects of life such as healthcare, activities of daily living, transportation, finances, social, and emotional well being

To ensure the highest quality of life for the longest time possible, it is crucial that seniors, people with special needs and their loved ones begin a dialogue to discuss the topic of aging.

This process needs to focus on the person’s hopes and desires, short and long term goals, and their abilities and needs; while at the same time establishing a spectrum of resources that will address unexpected events as well as their evolving needs.

## **MAINTAINING INDEPENDENCE WHILE BEING PRO-ACTIVE**

No one looks forward to an unexpected personal or medical situation that catches them off guard; which can be an overwhelming, complex, time consuming and often costly experience.

The time for a person to plan for their aging in place is now, while they are still healthy, active and able to make decisions on their own. Developing a comprehensive well thought out written action plan, can help prevent unexpected events from morphing into a crisis, which has the potential to negatively impact on the person's health, safety, independence and quality of life.

## **KNOW YOUR OPTIONS**

Currently, there are multiple options, and each option has its own advantages and benefits.

In addition, there are a number of care options available for seniors who want to stay in their own home. If a person chooses to move out of their home, there are many different types of living arrangements and facilities.

The choices may seem overwhelming at first, but with a step by step approach, you can gather the necessary information leading you to what's best for you and your family.

How do you evaluate these many options, and make the best possible decision?

## **EVALUATE YOUR NEEDS AND DESIRES**

When looking at long term care planning, it is important for a person to look at their health and mental health, current and evolving needs, wishes, needs, and finances; to name a few.

The first step in the decision making process is to decide what types and what level of care the person wants and needs. This can be done by first arranging for a geriatric assessment by a trained professional.

## **SOME AREAS TO EXPLORE**

- ✓ Do you want to remain in your home?
- ✓ Are you eligible for state/federal benefits?
- ✓ Do you understand Medicare benefits?
- ✓ Are you and your family prepared for a medical emergency?
- ✓ Do you have Advance Directives?
- ✓ Do you have Long Term Care Insurance, and understand your policy benefits?
- ✓ Are you aware of area transportation?
- ✓ Do you understand CT homecare services?
- ✓ What case management & advocacy services would benefit you in your planning?



## **Don't Wait for a Crisis – Plan Now**



### **THE ROLE OF A BOARD CERTIFIED CASE MANAGER - ADVOCATE**

Trained specialists who serve as certified case managers (CCM) and Advocates, assist seniors, people with special needs and their families; in planning for and implementing ways to allow for the greatest degree of health, independence, safety and quality of life.

CCMs meet with the client and /or family members to assess their needs, develop a Care Team, and work with members of the Team to formulate a comprehensive Care Plan (a road map).

Once a plan is in place, CCMs are available to serve as the point person to monitor and coordinate services, and revise the plan as needed. The CCMs' role is similar to the conductor of an orchestra; ensuring that there is good communication, teamwork, and that everyone remains focused on the desired goals.

Case management is a collaborative process that consists of four steps:

1. Assessment
2. Development of a Care Plan (based on the unique needs of the client)
3. Implementation & Monitoring of the Plan
4. Ongoing Evaluation of the Plan Effectiveness, and Plan Modification as Needed

### **A PERSONALIZED ACTION PLAN**

The Caregiver Resource Center's "Action Plan for Successful Aging" Program helps seniors and people with special needs take a proactive approach to addressing their current needs, while also planning and preparing for potential future challenges and crises.

Our successful aging strategies provide a wide range of services to meet the unique needs of the individual and their family. These strategies focus on health and mental health, case management and advocacy, home safety, transportation, and advance care planning to name a few.

#### ***Some Benefits of Our Services***

- Well respected company serving the community since 1990
- All services are individually designed to meet the unique needs of the client and their family
- We are available 7 days a week by appointment, and 24/7 for emergencies
- Our services are provided onsite throughout the continuum of care (Home, doctor's office, ER, hospital, short term rehab, assisted living, hospice, nursing home)

Photo from Microsoft

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*Please consult your health care provider for an appointment, before making any healthcare decisions or for guidance about a specific medical condition.*

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*Linda Ziac is the owner and founder of The Caregiver Resource Center. The Caregiver Resource Center is a division of Employee Assistance Professionals, Inc. which Linda founded in October 1990. The Caregiver Resource Center provides a spectrum of concierge case management and advocacy services for seniors, people with special needs and families.*

*Linda's professional career spans more than 48 years in the health and mental health field as a CT Licensed Professional Counselor, CT Licensed Alcohol and Drug Counselor, Board Certified Employee Assistance Professional, Board Certified Case Manager, and Board Certified Dementia Practitioner. In addition, Ms. Ziac has 15 years of experience coordinating care for her own parents.*

*Linda assists seniors, people with special needs and their families; in planning for and implementing ways to allow for the greatest degree of health, safety, independence, and quality of life. Linda meets with individuals and family members to assess their needs, and develop a Care Team, while working with members of the Team to formulate a comprehensive Care Plan (a road map). Once a plan is in place, Linda is available to serve as the point person to monitor and coordinate services, and revise the plan as needed. This role is similar to the conductor of an orchestra; ensuring that there is good communication, teamwork, and that everyone remains focused on the desired goal.*

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