



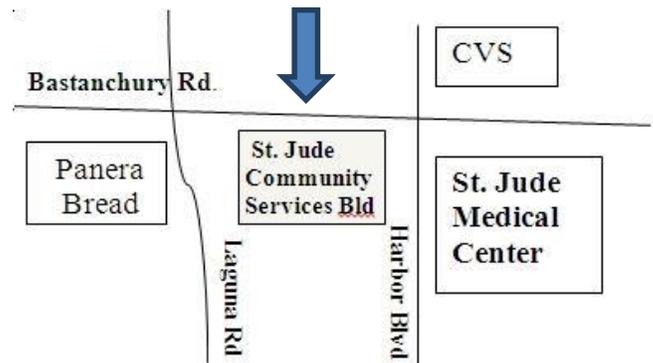
Senior Care 101

Worried about an aging parent, spouse, or friend?

**St. Jude Senior Services and the North Orange County Senior Collaborative
Have Answers and Suggestions!!!**

In One Hour You Will Learn:

- Steps to help get organized
- In-home care suggestions and solutions
- Essential legal documents
- Ways to pay for care
- How to find the right care setting
- Resources to help you cope
- ***This class is also available to be held at church events, mobile home park association meetings, club meetings, etc.***



Call 1-714-446-7035 to schedule YOUR Class or for more information!

Register for a *FREE* 1 hour class: 714-446-7035

Date: Monthly ~ Every 4th Wednesday (4th Tuesday in Nov)
Time: 7 pm- 8 pm
Location: St. Jude Community Services
 130 Bastanchury Road, Fullerton, CA
For more information go to: www.NOCSC.org

Entrance on Laguna Rd
 Next to the Car Wash
Easy Parking!



St. Joseph Health 
St. Jude Medical Center
 A member of the St. Joseph Hoag Health alliance



St. Jude Medical Center Senior Services

Decision Time: Recognizing When Something Needs To Change At Home

When staying home alone may no longer be the best solution for a senior...

Late Life Transitions ~ Things To Consider:

1. How safe is the senior's home environment ~ are there stairs, lack of grab bars, need for a ramp, clutter, unsafe rugs, high cabinets, poor lighting, etc.?
2. Are you noticing anxiety, depression, social isolation or loneliness with the senior? How many people do they actually see or interact with every day / week?
3. Is there a history of weight loss, confusion, repeated falls, emergency department visits or hospitalizations? Does the senior use a walker or a cane?
4. Can the senior shop for themselves, do their own laundry, housekeeping and cooking? Is the senior comfortable using a cell phone? Would they benefit from and use a personal emergency response device?
5. Is there a history of family neglect, abuse or other family dysfunction? Is there a good relationship and communication between family members?
6. What is the senior's physical strength level like? Are they able to evacuate themselves in case of an emergency? Is there a wandering risk? Are there dangerous, inappropriate, or violent behaviors present or becoming more frequent?
7. What kind of transportation concerns are there ~ does the senior still drive? Is transportation available and affordable via friends / family / OCTA ACCESS?
8. Is shopping / pharmacy / doctor's office / church / senior center / barber-beauty shop / family and friends convenient to where the senior lives?
9. Does the senior experience significant fatigue and painful joints that prevent them from being active more days than not? Are there other medical concerns?
10. How many medications is the senior taking every day? Do they understand their medications and are they medication compliant? Do they need help with their medications?

How Many Of Those Questions Are You Concerned About? Other Solutions May Be:

A) Adult Day Healthcare; B) Moving in with family; C) Paid in-home care; D) Moving to a smaller or senior apartment; E) Moving to an assisted living facility or memory care facility; F) Remodel current residence; and G) Talk with a senior care professional and other family.