



- List your meds with dosage and frequency.
- Prepare to log your evolving treatment plans when in the medical system.
- Keep insurance provider guides and explanations of benefits when billed.
- Never pay a bill you think is wrong.

## Care in Residential Facilities: Assisted Living, Memory Care, Nursing, Rehabilitation

- Understand that these are large, regulated, profitable businesses that are closely related to the medical care world. There are risks and trade-offs in costs, quality and control of how you are handled. When care providers overlap, make sure there are no gaps. Duplication is better.
- Verify the quality of care before you believe it, especially for very aged, ill, vulnerable, LGBT or marginalized people who may be residents.
- Read and have a lawyer read everything before you sign. Never sign a blank form. Get signed copies.



## Factors in Home Care

- Consider involving family, neighbors and agencies in providing care to allow you to age in place or die at home.
- Check the Better Business Bureau and get recommendations from friends.
- Companion Care, unskilled nursing and home health care and rehabilitation, some of which may be physician-prescribed, can all play a role.



## Hospice & Advance Medical Directives

- EVERYONE should have Advance Directives or a Living Will so care givers know your wishes for treatment.
- You don't need to be on Hospice to have a Do Not Resuscitate (DNR) order in place.

## Get Your House in Order

- Begin disposing of worldly goods – keep, sell, give or toss.
- Consolidate administrative information: Executor, personal information, bank accounts, credit cards, Living Will, people with Power of Attorney, Will, burial or cremation intentions, legal representative or firm, list of checks to be written for services rendered.
- Articulate funeral service desires – music, short biography, pictures, and obituary.
- This takes time – start today!



## Prepare to Deal with Doctors, Hospitalization, Medicare & Insurance

- Build the team to care for you: primary care physician, hospital system, Power of Attorney for Health Care, family members and friends.
- Document your medical history and Advance Directives.

- “In Hospice” indicates that you have a terminal illness that cannot be cured. Death is anticipated in 6 months or less.
- Under Hospice, medical care is palliative to ensure a pain-reduced quality of life, rather than to cure or extend life.
- Institutional Hospice options in Albuquerque are rare, and may require a person to be actively dying and bed-ridden, or may only allow short-term respite care.
- Many hospice patients who are not in hospitals or nursing facilities are in their places of residence (home, assisted living, memory care...). Social hospice options are not currently available in Albuquerque.



## St Michael & All Angels Church

601 Montañó NW, Albuquerque, NM 87107 (505) 345-8147  
The Reverend Joseph Britton, Rector

St Michael's is a socially diverse and theologically progressive community of faith, inviting all people to seek a life of spiritual growth grounded in worship, prayer, study, service, and fellowship.

Through creative worship and strong personal commitments, we seek to be transformed by the love of God in Christ so that we may be sent out to serve the poor and all those in need.

### Building God's Kingdom: Open hands, Open hearts, Open minds

**Sunday Services:** 7:30 AM, 9:00 AM and 11:15 AM.  
Formation Hour: 10:15  
**Monday Meditation:** 7:00 PM  
**Thursday Eucharist:** 9:30 AM  
**Morning Prayer** Monday-Friday 8:00 AM

If you worship here regularly: welcome.  
If you haven't been in church for a while: welcome.  
If you have never been in church before: welcome.  
ALL are welcome in this place!

## ELDER CARE COMMON SENSE

Spring 2017 Edition



*Things to think about for yourself  
or a senior you love*

*Developed by parishioners of St Michael's*



**Complete document available at**  
<http://www.all-angels.com/senior-ministry.html>

