

## You can relate if...

You have an aging parent who insists on staying in her home even though it's no longer safe to live alone and there isn't great public transportation.

*Who do you call?*

*Care Management Solutions.*

Your dad is a recent widow, you live 300 miles away, and you worry about him all the time.

*Who do you call?*

*Care Management Solutions.*

Your dad is in the hospital, the discharge planner insists he needs to go to a nursing home and you want to know the other options.

*Who do you call?*

*Care Management Solutions.*

*Who do you call? Care Management Solutions info@caremanagementllc.com.*

# 612-308-0166



You have a friend who is recovering from a stroke and you want to find out what resources are available to them.

*Who do you call?*

*Care Management Solutions.*

You spend several hours a week taking your mother to clinic appointments while juggling a job and your family, and you don't understand your mother's health care needs.

*Who do you call?*

*Care Management Solutions.*

You have to have surgery and don't have friends or family that can help provide the care you need during recovery.

*Who do you call?*

*Care Management Solutions.*



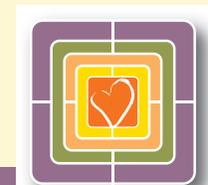
**Cindy Dubansky**

MSW, LICSW, C-ASWCM

Care Management Solutions provides services for adults with short-term or permanent disabilities, seniors who need assistance in their daily routines, health care advocacy for people of any age and planning to prevent and manage life crises.

Many people are unsure exactly what a Care Manager does. We are trained social workers who have decades of experience navigating and negotiating community and health care resources and services.

Care Management is not just for aging adults. It's for anyone who finds themselves in need of some extra help that can't be provided by friends and family. We assess what services you may need and then match those services to the best resources for your situation and budget.

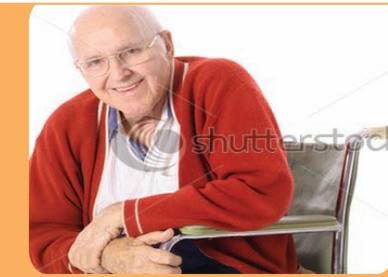


*Expert. Advocate. Helping Hand.*  
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## Who Do You Call?



**She doesn't want your help.**



**He wants to stay in his home.**



**She's single and recovering from surgery**



**He lives in another state and can't help with day to day activities.**

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## We believe you have the right to OWN YOUR LIFE

Ask 100 seniors what they want most in their life, and chances are 99 will say, "to stay in my home." But sometimes, health conditions, failing memory, impaired vision and hearing, and lack of local family support make it difficult for the senior to manage day to day activities that will allow them to stay at home.

- They feel overwhelmed trying to sort through bureaucratic systems and paperwork to get help.
- They know they need someone to drive them to appointments, but don't want to be a burden.
- They are frustrated when trying to call a resource, only to get a voicemail with multiple layers of instructions. And they are not even sure they called the right place!
- They are frightened that unscrupulous individuals will take advantage of them.
- They don't want their children to help.
- They don't understand or follow-through on health care they need to stay healthy.



## Care Management Solutions is the Expert, the Advocate and the Helping Hand you need.

We offer a wide range of services to meet your needs, goals and wishes.

**Complimentary consultation** – Whether you prefer a phone conference or an in-person meeting, we encourage you to meet with us to determine if Care Management Solutions is the right service for you.

**Assessment and Care Plan** – We conduct a comprehensive, in-home assessment to evaluate the strengths, challenges, needs and goals of your loved one and caregiver including functional status, cognitive status, emotional and psychological health, health care and disease management, environment and safety, financial, legal and other areas. A written, customized plan is provided, identifying current and anticipated needs, goals for care and recommendations for resources and services.

**Implementation / Coordination** – Once the plan is complete, the Care Manager can act as the **Helping Hand in implementation, including:**

**Navigate and Coordinate Systems** – Navigate the community resource and benefits systems to obtain optimal services and benefits for your loved one; navigate the health care system to obtain optimal health care services for your loved one; explore options and alternatives to find the best fit for your loved one and family; offer referrals for financial, legal and long term care insurance planning; arrange appropriate services, facilitate communication and coordinate the services of all providers to prevent duplication and gaps.

### **Manage Papers, Forms and Bills** –

Maximize benefits and services by managing forms and claims for Medicare, insurance, benefits, services, denials and appeals. Help manage bills and finances.

**Accompany to Appointments** – Accompany your loved one at clinic appointments and at appointments with attorneys, financial planners and other professionals for support, advocacy and to facilitate communication.

**Care Conferences** – Arrange when necessary and attend hospital and nursing home care conferences to support and advocate for your loved one and family and to facilitate communication.

**Family Issues** – Arrange and act as a neutral third-party at family meetings or one-to-one to help manage family disagreements regarding the care of your loved one and the interests of your loved one.

**Manage Transitions and Crises** – Facilitate transitions from one living environment to another, across services and as needs change over time; manage crises in health and other situations.

**Relocation** – If relocation is necessary, the Care Manager can screen and arrange housing options such as independent apartment, assisted living or nursing home, accompany your loved one and family on tours and coordinate all aspects of the move from packing and move-out to move-in and unpacking.

**"Eyes and Ears" for Family** – Act as the "eyes and ears" for family when you live far away or cannot provide direct care for other reasons, monitor your loved one and keep the family apprised of your loved one's status.

**Advance Care Planning** – Explain and assist with completing a health care directive, develop an advance care plan for use in the event of a health crisis.

**Caregiver Services** – Provide support, education and coaching to the caregivers to enable them to better manage the caregiver and personal roles in their life.

**Advocacy** – A common thread running throughout all services and interventions is the role of the Care Manager as an Advocate to promote and support the interests and preferences of your loved one and family; give your loved one and family a voice.

**Monitoring and Reassessment** – We continuously monitor the status of your loved one and caregiver, monitor the services for effectiveness and appropriateness and revise the plan and services as needed to accommodate changes in circumstances.

**To schedule your complimentary consultation, call us at 612-308-0166 or email [info@caremanagementllc.com](mailto:info@caremanagementllc.com).**



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**Care Management Solutions, LLC**