

There's No Place Like Home....or is there? With Certified Aging Care Manager Denise Valerio

Today my guest is Denise Valerio from Valerio Care management in Ambler PA - Denise is a Licensed Social Worker and Certified and Accredited Aging Life Care Manager. Denise provides care management services to the aging population, elderly and disabled adults age 21 and over. Aging Life Care managers offer solutions to the challenges of navigating your healthcare needs.

aginglifecare.org Aging Life Care Association
nationalrehab.org National Rehab Association for driver testing
valeriocaremanagement.com Denise Valerio

- 1:26 What services does aging life care manager provide
- 1:53 Services include full needs assessment for baseline of where they are at that time - medical diagnosis/estate planning/insurance/
baseline physically and cognitively
- 2:58 List of recommendations from report
- 3:14 Provide road map on how to set up care for short term, mid term and long term based on safety
- 3:53 Goal is to try and let them age in place
- 4:00 Who makes that call to the Aging Life Care Manager
- 5:56 What does it look like after you make the contact to care manager
- 6:47 Initial consultation for an hour without written report
- 7:27 Are we on the right track - another set of eyes
- 7:56 Process of initial assessment
- 10:00 After the report/recommendations
- 11:08 Types of recommendations
- 12:50 Home Safety Evaluation
- 14:20 What if they still aren't safe at home
- 17:08 Advice on what to look for when touring facilities
- 19:39 Parents moving in with children
- 22:35 Fiduciary responsibility to client
- 24:40 Good cop/Bad cop
- 26:00 How an aging life care manager can help you

- 26:45 More than one solution for each problem
- 29:48 How do you approach someone who shouldn't be driving
- 31:25 Senior Driving Programs/Testing
- 33:21 Respectful process
- 35:19 Family dynamics
- 38:52 Helping family members deal
- 39:25 Challenge of Mild Cognitive Impairment
- 40:36 Care manager is boots on the ground
- 41:32 Difference in senior communities with generations
- 42:12 The Have's and Have Not's
- 42:48 More cost effective to care for someone in their home
- 43:52 Care plan changes
- 44:00 Aging Life Care Manager Cost

- 46:35 Who are aging life care Managers
- 47:30 Do you need a diagnosis to contact ALC Managers
- 48:23 Pro-actively using an ALC Manager
- 50:10 Does it matter when you decide to contact ALC Mgr i.e. a burned out caregiver
- 51:08 Things a burned out or existing caregiver would be noticing to contact ALC Mgr
- 51:28 Addictions and the Care Manager