

## **Elder Care or Geriatric Care Managers**

An Elder Care manager or geriatric care manager is a licensed professional, often a nursing or social work specialist, with expertise in geriatrics. Families hire them to evaluate their loved one's needs and coordinate care using community resources. This profession proves particularly valuable when families live far away or are unable to manage all caregiving responsibilities themselves. Geriatric care managers can act as "professional relatives" supporting the family.

During an initial meeting held at the older adult's home, the care manager assesses the living space, ideally with family members present. Based on their observations, they may offer recommendations to enhance safety and independence. Additionally, the care manager gathers information about the loved one's health needs and current caregiving structure.

Following an evaluation, the geriatric care manager develops a care plan that identifies issues, evaluates eligibility for assistance, and provides recommendations for local resources. Depending on the family's needs, the care manager's involvement can extend to check-in visits, accompanying clients to medical appointments, and offering support and education for both the client and caregivers. They can also arrange and monitor in-home help, as well as additional health and mental health services, when required.

Benefits of working with a geriatric care manager: Apart from practical support, geriatric care managers excel in facilitating sensitive discussions about topics like finances, legal documents, driving abilities, and personal hygiene; make home visits and suggest services; address emotional concerns and provide support; make short- and long-term plans; evaluate in-home care needs; coordinate medical services; collaborate with your primary care provider; refer to other care specialists; and evaluate potential living arrangements. They can guide families in exploring alternative housing options such as assisted living or nursing facilities and assist with the transition process.

### **Recommendations:**

Lighthouse Senior Care Consultants  
Courtney Lavander  
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703-440-CARE (2273)

Pathways In Aging  
Heather Suri  
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703-634-3879

## **Elder Care or Geriatric Care Managers**

Safe Haven Care Management

Jasmine Mensah

<https://www.safehavencaremanagement.com/>

703-589-0600

LionHeart Elder Care & Consultanting

<https://lionhearteldercare.com/>

703-677-8319