

# Being there for Mom & Dad – Caring for Your Loved One in Long Term Care

- What facilities can and can't do
- Expectations for caregivers
- Coping with a "Plan of Care"
- Parent's wishes vs. Doctor's orders
- Resolving conflicts
- Assessing the living situation
- Recognizing elder abuse
- Community resources



When a loved one moves into a long term care facility, the work of family has changed, not ended. Whether it's a parent, a sibling, a child with a disability or another loved one, it's important to stay connected and to communicate needs and wishes. If you have someone close to you in a long term care facility ... or if you can foresee the need in the near future ... join in this engaging conversation about what staff expects of family and what family can expect of staff.

<b>Nov 1, 2017 – 6:30 p.m.</b> South Hill Branch Library 15420 Meridian E., South Hill	<b>Nov 6, 2017 – 6:30 p.m.</b> Bonney Lake Branch Library 18501 90th St E, Bonney Lake
<b>Nov 6, 2017 – 12:10 p.m.</b> Pierce County Annex Main Meeting Rm. 2401 S. 35 <sup>th</sup> St., Tacoma	<b>Nov 13, 2017 – 6:30 p.m.</b> Lakewood Branch Library 6300 Wildaire Rd, SW, Lakewood

Free; No RSVP; Information only

For additional information call (253) 798-4600 or (800) 562-0332  
(Please call (253) 798-8787 for any possible weather postponement.)



## Pierce County

### Community Connections

1305 Tacoma Avenue  
Tacoma, Washington 98402

## Learn How Families Can Collaborate with Care Facilities

Families are the backbone of long term care. Families provide almost 80% of all the long term care in the United States. That's why when a loved one transitions into any kind of formal care setting, the role of the family becomes all the more important.

"Being there for Mom and Dad" looks at the important role adult children and families can play when a loved one moves out of the home and into a setting such as an adult family home, an assisted living or skilled nursing facility. Communication, as always, is essential. Knowing what to communicate as well as how to communicate makes all the difference.

"Nobody can give care like a family can," said Aaron Van Valkenburg, Manager of Pierce County Aging & Disability Resources. "It's particularly difficult to entrust a loved one to another's care. On the one hand we rely on the professional expertise of trained caregivers. On the other hand we often feel we could do it better and want to jump in and do it ourselves."

"Being there for Mom and Dad" will be held four times in November:

- Nov 1 – 6:30 p.m. at the South Hill Branch Library, 15420 Meridian E.;
- Nov 6 – 12:10 p.m. at the Pierce County Annex Main Meeting Room, 2401 S. 35<sup>th</sup> Street;
- Nov 6 – 6:30 p.m. at the Bonney Lake Branch Library, 18501 90<sup>th</sup> St E;
- Nov 13 – 6:30 p.m. at the Lakewood Branch Library, 6300 Wildaire Rd, SW.

When the time comes for families to transition a loved one into a long term care facility, there can be a mix of emotions. Feelings of anxiety, separation, guilt, disappointment, depression and worry are common. The love one may experience the move as in their best interests or they may feel it to be a rejection, a failure or a sign of impending death. It will definitely be a reversal of traditional family roles and that in itself can cause tensions.

"Being there for Mom and Dad" is a conversation that will help families understand the boundaries that have to be established and how the facility and the family can best work together for the benefit of the new resident. Families with loved ones in a long term care facility or those who expect to have a loved one in a facility in the near future are encouraged to attend. Participating will be the Pierce County Long Term Care Ombudsman and representatives of local long term care facilities.

The events are free and open to the public. No RSVP is required. For more information call (253) 798-4600.

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Media Contact: Bob Riler, Community Connections  
(253) 798-7384 or [briler@co.pierce.wa.us](mailto:briler@co.pierce.wa.us)