



# Independent Living Solution, Inc.

Professional Life Care Managers

*The help you need  
in this time of  
change.*

*Every experience with an Independent Living Solution care manager is unique.*

## Overcoming resistance

Jean lived alone in her own condominium after divorcing many years ago and recently lost her only brother, which seemed to touch off a depression. Her nephew, “Michael”, is her closest family and has taken on the responsibility of being her health care proxy and power of attorney.



Michael was very concerned because Jean was not herself and didn't know what else to do. She was depressed although on medication, but also showing signs of memory loss.

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*She was always a very attractive woman who took pride in her appearance but had become increasingly careless in her appearance, at times appearing disheveled, and was also increasingly isolating herself instead of going out with friends. She was still driving but they had agreed she would only stay on familiar, local roads.*

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He had spoken to her about moving to someplace like a senior community or an assisted living, but she wouldn't hear of it.

At this point, ILS was called in and met first with Jean and her nephew. Jean insisted everything was fine but through conversation

and an informal evaluation, it was evident she was quite depressed but also confused due to her memory loss. Living alone and still driving was a concern because she was not able to remember to take her medications, did not know if or what she had eaten, and could not organize a trip to the grocery store. She could not remember how to get to familiar places. Her apartment was disorganized and she appeared to not have changed her clothes in a few days.

Jean was willing to accept someone to come to help her straighten up and organize her apartment. It was agreed this person would come 3 days each week from mid-morning to mid-afternoon. This schedule allowed for medication reminders, lunch out at a restau-

rant, errand running, and dinner preparation, in addition to laundry, dishes, and other clean up. This schedule was expanded to 5 days/week after 2 months – when the weather turned warm and there were more reasons to be out of the apartment. As the relationship between Jean and her caregiver developed, she tolerated suggestions regarding her personal care.

Michael continued to be responsible for escorting her to all her doctor appointments but prepared for them in concert with their ILS care manager. A thorough workup by her doctor was done to eliminate any curable reasons for memory loss and a referral to a geriatric psychiatrist was made to manage her anti-depressant medications.

After a year at this level of support, Jean's condominium neighbor left to spend the winter in Florida, another neighbor put their apartment up for sale, and the final apartment in the

building was vacant. She was the only person in the building and started hearing/imagining noises in the middle of the night. Although she denied being frightened, she was willing to consider moving for 2 winter months to an assisted living facility. The plan was to return to the condo in the spring.

Jean toured 2 facilities with her ILS care manager, selected one that was “lively” and who had invited her to lunch twice and a dinner so she could meet some residents and staff. She agreed to a trial stay in an apartment with rented furniture so that her condo stayed intact.

Jean LOVED her new home and never looked back. Through the coordination of her ILS care manager, she continued to have a companion come 2 times/week to take her to her preferred hairdresser, out for errands, and meetings with friends so that she still felt connected to her previous life and not abandoned.

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For more information about this case studies and others contact:

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