

What if my loved one doesn't think they need help?

Loved ones don't always want or think they need help. We assure you we are looking for the best options to meet your needs and keep individuals as independent as possible for as long as possible. We provide options, you make the choices.



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About Us

How do I get started?

Contact: Vicki Skodras at
574-284-7103 or
vicki@realservices.org
to discuss your current needs
and talk about how we can help.

REAL Senior Solutions at

REAL Services
Private Geriatric Care Management
1151 S. Michigan St.
South Bend, IN 46601
(574) 284-7103
Fax (574) 284-2691

www.REALservices.org



The ultimate objective of REAL Services is to assist in establishing a community in which those we serve can maintain their independence to the maximum degree possible and find meaning and satisfaction throughout their lives.

REAL Services, believing in the dignity of all people, will provide services without regard to race, age, color, religion, sex, disability, national origin, ancestry, or status as a veteran.



Senior Solutions What is a Geriatric Care Manager?



Supporting Independence for Life

What is a GCM?

A GCM (Geriatric Care Manager) is a trained and experienced professional who helps older adults and their families find REAL solutions for the challenges of aging. They assess the living situation, review medical and care needs, and quickly sort through the available services to find options for you and/or your family. The GCM makes recommendations of available services, makes care arrangements, and provides oversight and continued support.

- ◇ Assesses current situation
- ◇ Reviews for needs
- ◇ Recommends options
- ◇ Makes arrangements
- ◇ Provides oversight
- ◇ Maintains continuous support
- ◇ Ensures the highest quality of life is maintained

Why would I need this help?

Frequently, as an older adult's health declines and needs change, family members try to make important decisions and make them quickly. They may not have the time or expertise to research appropriate options. It can be difficult to provide help, get access to needed information, and make good choices simultaneously.

Hiring a Senior Solutions Geriatric Care Manger (GCM) can save you time and money. A GCM provides expert assistance, allowing you to continue working and take care of other family obligations, while ensuring your loved one is receiving personalized, professional services to enrich their quality of life.

What kinds of services are available?

A Geriatric Care Manager can provide a variety of services including:

- ◇ Crisis intervention
- ◇ Assessment and care planning in areas such as social needs, home safety, medical advocacy, legal, financial, and end of life planning
- ◇ Communication enhancement among family members
- ◇ Coordination of care
- ◇ Navigation of Medicare, Social Security, and other benefits
- ◇ Assistance with relocation, including providing options of appropriate facilities and coordinating services
- ◇ Ongoing monitoring of care, services, and well-being