

mmct communiqué

The MMCT COMMUNIQUE is a periodic digest of member care resources and events delivered to your agency or personal e-mail. Click [HERE](#) to remove your address from future mailings. Click [HERE](#) to subscribe to the MMCT COMMUNIQUE or update your email address.



this month's focus: *Long Distance Elder Care*

Dear Friends,

Easily half of MMCT-West Africa's staff have aging parents whose needs have been a cause for concern in recent months. They find themselves asking questions like:

- What's my first responsibility -- the ministry to which God called me or caring for my aging parents?
- What are the warning signs that say my parents might need special care?
- Can I provide for my parents when I live so far away or will I have to leave the field to care for them?

If you're among the many cross-cultural workers asking questions like these, we hope this [communiqué](#) will point the way to articles, online media and services that may help you to answer them with wisdom and compassion.

The Mobile Member Care Team

Accra, Ghana

what's in this issue?

- Page 03: [Christians and Caring for Aging Parents](#)
- Page 04: [Long Distance Care Giving](#)
- Page 05: [Aging and Elder Care - audio and video](#)
- Page 06: [Aging and Elder Care - articles](#)
- Page 07: [Geriatric Care Managers](#)
- Page 08: **US government** [Elder Care Providers](#)
- Page 09: **US nonprofit** [Elder Care Providers](#)
- Page 10: **Canadian and Australian** [Elder Care](#)
- Page 11: **United Kingdom** [Elder Care](#)

Viewing Tip:

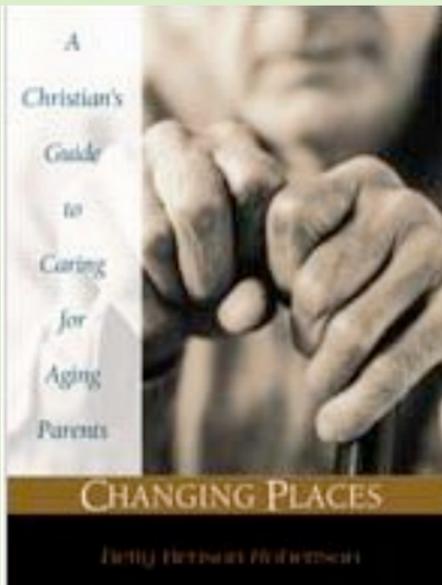
This issue of the [communiqué](#) has been formatted so you can see an entire page on your computer screen without scrolling.

For best viewing, set the magnification on your Adobe Reader (in the middle of the menu bar above) to **100%** if your screen is 13-14 inches, **125%** on 15 inch screens, and then set the page display to **Single Page** by going to View > Page Display > Single Page in the menu.

Choosing **Full Screen Mode** under **View** in the menu above makes the view even better!

christian reflections on caring for aging parents

Psychologist Ron Kotesky reflects on eldercare and cross cultural work in his brochure, *What Missionaries Ought to Know about Aging Parents*.



Changing Places: A Christian's Guide to Caring for Aging Parents includes resources for organizing the care-giving process, finding help in the community, forms, checklists, and how-to's for caring for your loved ones.

reflections on LONG DISTANCE CAREGIVING

So Far Away: Twenty Questions for Long-Distance Caregivers focuses on issues unique to long-distance caregiving “A gateway to ideas and resources that can help make long-distance caregiving more manageable and satisfying.”

The Visiting Nurses Association offers an article entitled ***What Can I Really Do From Far Away?***

Long Distance Caregiving is a downloadable guide with information and practical considerations for those who need to support their loved ones at a distance. Provided by MetLife Insurance in cooperation with the National Alliance for Caregiving.

“People who face the demanding task of caring for an aging parent often have no idea what to expect.”

reflections on AGING AND ELDER CARE

audio and video resources

Help With Elders offers several audio podcasts including one called [The Crisis Phone Call](#)



[Informed Eldercare](#) offers downloadable podcasts that “are designed to help caregivers with information and resources while offering hope. “We interview the experts in elder affairs, elder law, hospice care, Alzheimers, emergency planning and transportation alternatives.” Archived episodes include [End of Life Care](#), [Senior Depression](#), [Elder Abuse Prevention](#) and [When is it Time to Give up the Keys?](#)

America’s Public Broadcasting System (PBS) offers a wealth of online resources about caring for aging parents including the documentary [Caring for Your Parents](#) and its follow-up discussion, [A Conversation About Caring](#). A downloadable handbook called [Caregiver's Resources](#) provides advice on topics like [Finances](#), [Health_Care](#) and [Caring for the Caregiver](#) as well as helpful checklists and questionnaires.

reflections on
AGING AND ELDER CARE

articles and fact sheets

Older People's Mental Health is the focus of a webpage published by the **Royal College of Psychiatrists** with articles on depression, dementia and Alzheimer's.

Family Caregiver Alliance provides fact sheets and publications on topics like **Community Care Options** and **Making Choices about Everyday Care**. Also available in Spanish and in Chinese

Taking Care of Parents is an interview with **Blanche Katz**, a nurse practitioner and care giver, about "adult children who want to anticipate and avoid conflicts as their loved ones grow older."

Brother and sister relationships have a big impact on the help given to aging parents. **Brothers, Sisters and Aging Parents** considers what can happen when siblings have to assist their mothers and fathers.

Help With Elders offers a dozen articles on topics like **Caring for Aging Parents** and **Warning Signs that the Elder Needs Help Handling Money**.

geriatric care managers

*A **Geriatric Care Manager (GCM)** is a health and human services professional who helps families care for older relatives. GCMs are trained in fields like nursing, gerontology and psychology with a specialized focus on issues related to aging and elder care*



[Worry-Free Care for Far Away Parents](#) is a primer on hiring a geriatric care manager.

The [National Association of Geriatric Care Managers](#) answers basic questions about geriatric care management.

US government elder care resources

Not even sure about the services available to seniors? [The National Association of Area Agencies on Aging \(N4A\)](#) provides an extensive [description of home and community based services](#) available to all US senior citizens.

The [Eldercare Locator](#) finds home and community-based services like transportation, meals and home care for older persons and their families.

The N4A website also includes a comprehensive [state by state list of Area Agencies on Aging](#) that allow older adults to choose the home and community-based services that make it possible for them to remain in their homes.

Administration on Aging (AoA) helps elderly individuals maintain their dignity and independence in their homes and communities through comprehensive, coordinated, and cost effective systems of long-term care, and livable communities across the U.S.

US government elder care resources (continued)

The [National Clearinghouse for Long-Term Care Information](#) provides the information and resources needed to plan for future long-term care.

The National Association of Area Agencies on Aging provides a feature-rich [senior housing locator](#) that includes assisted living & residential care, independent living, retirement communities and nursing care & rehabilitation.

US nonprofit elder care resources

[Caring from a Distance](#) helps families coordinate and implement caregiving plans. Their [Service Directories](#) connect users to professionals and telephone counselors in emergencies, while their [What to Do](#) webpage and [Library](#) provide information about elder care and long distance caregiving in the US.

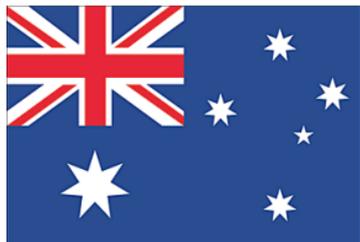


[ElderCarelink](#) is a free internet-based referral service that specializes in eldercare case matching for elders and their families. *"We find services such as assisted living, nursing homes, adult day care, private duty nursing, care management and homecare."*

Canadian and Australian elder care resources



ElderCareCanada is an advice and action consulting service aimed at adult children seeking advice and hands-on help for all aspects of care for aging parents. Its services are available to clients across Canada, as well as internationally.



Aged Care Australia is the Australian Government's online source of information for everything you need to know about aged care including access to government and non-government information and services. Its goal is "to help the community make informed decisions about aged care options for themselves and their family members."

UK government elder care resources

Each United Kingdom country has its own care system and website for elders and their families:

England's
Department
of Health



Scotland's
Riaghaltas
na h-Alba



Wale's
Care
Services



Northern
Ireland's
niDirect



The [Care Quality Commission](#) provides reports and ratings for all elder care providers in the United Kingdom, including residential institutions and companies which provide care in the home.

UK charitable elder care resources

[Age Concern](#) provides advice, information guides and online tools including a benefits checker and tax calculator.

[Help the Aged](#) provides “reliable information for older people and their carers on issues like housing, health and finance.”

[Counsel and Care](#) provides [guidance](#) for those searching for support services in the community and residential care facilities.