

The Challenge of Caring for Seniors in the Community



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GRIPA

Complicated By:

- Children/Family who live out of town –unable to look after their loved ones
- Busy physician office schedules – often unable to scratch deeper into social problems that place elderly patients at risk
- Lack of financial resources


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USA Today Weekend

Services exist to assess seniors in the community that will help coordinate care but they can be costly.

CALL IN A PRO.

If you don't have family members or friends helping lessen your load, consider contacting a geriatric care manager (GCM). GCMs are nurses, social workers or gerontologists who assess the care your parents are getting and make recommendations on — and offer help coordinating — the care they need. GCMs typically charge \$300 to \$800 for an initial assessment and \$80 to \$200 per hour for services after that. To find a GCM, call a local agency on aging or contact the National Association of Professional Geriatric Care Managers (see sidebar, page 8).



GRIPA provides another option



Encountered During Proactive Chart Review

- JH is 75 WF living alone with a history of :
 - Breast cancer
 - Type 2 Diabetes with neuropathy
 - Depression / Anxiety
 - COPD
 - Hypertension
 - Sleep Apnea
 - Osteoporosis
 - Back Pain



JH's Medication Regimen

- Tamoxifen 10mg twice daily
- Paroxetine 40mg once daily
- Lorazepam 1mg 4 times daily
- Aspirin 81mg once daily
- Lisinopril/HCTZ 20/12.5mg once daily
- Zocor 20mg once daily
- Humulin N 34 AM and 12PM
- Humulin R 8 units twice daily
- Albuterol MDI 2 puffs as directed
- Spiriva 1 inhalation once daily
- Fosamax 70mg once weekly
- Calcium +D 600mg twice daily
- Hydrocodone/APAP 7.5/750mg 4 times daily
- Soma 350mg 4 times daily
- Amitriptyline 25mg at bedtime
- OcuVite Preser Vision
- One touch test strips



Chief problems

- Extreme Anxiety with periods of Physical Outbursts (hitting daughter)
- Unrelieved Pain
- Frequent Falls



GRIPA Geriatric Assessment Services: A Multidiscipline Approach

- The problems experienced by this patient require the expertise of social work, nursing and pharmacy.
- The PCP was happy to allow us to do a geriatric assessment to try and determine the source of her problems



What GAS Reviews

- Cognitive Assessment
- Emotional Assessment
- Safety Assessment
- Gait and Balance
- Medication Review
- Caregiver Support



Actions Put in Place

- Monroe Oxygen to fix/replace C-PAP machine
- Refer for Emergency call system (PERS unit)
- Mediset provided and instructions given with Daughter to fill mediset weekly
- BG monitor replaced and instructed
- Encouraged pt to keep referral to psychiatrist for depression and anxiety
- Balance Training Video /Silver Sneakers
- Simplify and eliminate medications / Optimize EPIC Rx benefits
 - Change Vicodin ES QID to Oxycodone SR BID
 - Teach how to use Spiriva
 - D/C Soma & Amitriptyline
 - Write for #100 on EPIC



Follow-Up

- The patient was managing better at home with less anxiety, fewer falls, better pain control and more compliant with medications for about a year.
- Recently we were contacted by the PCP again because of the patient's progressive loss of vision.
 - The GAS team reopened the case to assess for additional services
 - The patient is currently considering enrollment into ILS through referral by the GAS team



GRIPA Geriatric Assessment Services

- Support physicians in the care of at-risk, frail, medically complex, community dwelling adults ≥ 75 years of age.
- Provide assessments in the comfort of the patient's home.
- Encourage preventive care through "Healthy Living for Seniors" classes



Geriatric Assessment Services Can Be Provided For:

- Preferred Care Gold
- Wellcare
- Can screen your at-risk patients or take individual referrals
- Call 585-922-1520

