



For Immediate Release

Geriatric Care Managers Offer Hints for Adult Children Visiting Aging Parents Over the Holidays

Tucson, AZ – (December 20, 2011) Unpaid bills piling up, outdated food in the kitchen cabinets, medications not being taken properly are all potential warning signs that aging parents may need help. Holiday visits are often a time when adult children may notice red flags and become concerned about the health and well-being of beloved parents. The National Association of Professional Geriatric Care Managers offers some tips for adult children and families visiting aging relatives over the holiday season:

A few signs that may indicate the need for professional evaluation include:

- Do you notice more than usual clutter piling up, unopened mail and unpaid bills around the house?
- Does your parent appear to be suddenly underweight, unusually lethargic or lacking his or her usual appetite?
- Does your Mom or Dad suddenly seem to be forgetful about taking medications or frequently repeating themselves.

“Holidays are special family times, but they also give us a time to step back from work, child-rearing and other demands to notice when things may be amiss with aging loved ones,” said Susan Fleischer, president of NAPGCM. “Geriatric care managers can help adult children and families evaluate concerns and if necessary devise appropriate, individualized care plans.”

To find a Geriatric Care Manager in your area you may visit www.caremanager.org. The button “Find a Care Manager” provides an easy to use web directory; which allows you to find a care manager near you based on your zip code or city.

About NAPGCM

The National Association of Professional Geriatric Care Managers (NAPGCM) was formed in 1985 to advance dignified care for older adults and their families. Geriatric Care Managers are professionals who have extensive training and experience working with older people, people with disabilities and families who need assistance with caregiving issues. They assist older adults who wish to remain in their homes, or can help families in the search for a suitable nursing home placement or extended care if the need occurs. The practice of geriatric care management and the role of care providers have captured a national spotlight, as generations of Baby Boomers age in the United States and abroad. For more information please visit www.caremanager.org



For additional hints and red flags to watch for, please contact:

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