

A Solution for An Aging Parent
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People come to EAP for a variety of reasons, but the employees who are struggling with meeting the needs of an aging parent are especially stressed. Often balancing multiple roles of parent, employee, spouse, sibling and child employees often feel guilty about being so burdened and do not know the many options that might be available. We received the following letter from an employee who sought help for an aging mother-in-law who lived in her home:

“I contacted the EAP office recently to discuss my situation at home. My mother-in-law lives with my husband and me. She no longer drives and has little interest in going out. She gets confused, is forgetful, and watches television most of the day. We love and care for her, but we were concerned that she needs more care than what we are now able to provide.

Upon speaking with the EAP Manager, I was set on a course of action. My first step was to research www.caremanager.org for a care manager who is a registered nurse to do an in-person assessment of Mom. The nurse visited our home on a Sunday and spent almost three hours speaking with my mother-in-law and then us. She was very patient and gentle with Mom. She gave us three care options: we needed to spend more time with Mom, bring in an aide for part of each day to relieve us, or look into assisted living. After some discussion with family members, assisted living seemed to be the best choice for Mom. The care manager felt strongly that Mom needed to interact with people her own age and have more company during the day and at mealtimes. The care manager suggested two small facilities and two elder law attorneys. The fee for her services was very reasonable. My husband and I felt her services were certainly worth the cost.

Our next step was to research the two facilities, which we have already done. We selected a smaller home, and Mom has already visited it. Mom felt very comfortable with the people, so much so that she asked if she was moving there that day.

In my follow-up visit with EAP, I was given some specific questions to ask when we visit the elder lawyer. I am very happy with the outcome of this situation which had been so troubling to both of us.”