



Aging Well in Jefferson County: Caregiving and Supportive Services Workgroup List of Speakers on Topics Relevant for Caregivers

This list is provided as a resource for workplaces and other organizations interested in receiving information about the special needs and concerns of seniors and/or their caregivers. The individuals noted below have expertise in one or several areas, and have agreed to be contacted to provide presentations. Presentation topics, specifics, fees, etc. should be discussed on a case by case basis with the professional. We welcome any feedback you may have. Please contact Susan Franklin, Project Manager for Jefferson County Human Services, at 303-271-4051 or sfrankli@jeffco.us. For the most up to date list of speakers, and additional information about supporting caregivers, please visit our website http://jeffco.us/human-services/aging-and-adult-services/aging-well-project/.

Adult Protection

Adult Protection provides assistance to at risk adults age 18 and older who are at risk of abuse, neglect, or exploitation.

Renene Kulbacki, Jefferson County Department of Human Services 303-271-4026, rkulback@jeffco.us.

Advance Directives

Topics in this area may include living wills, health care treatment directives, durable powers of attorney for health care and/or cardiopulmonary resuscitation directives.

Susan Lawrence, The Denver Hospice and Optio Services 720-333-2322, slawrence@care4denver.org

Rev. David H. Reeves, M.Div. BCC, Director of Pastoral Care, The Medical Center of Aurora 303-591-4490, David.reeves@healthonecares.com

Roland Halpern, Regional Campaign & Outreach Manager, Compassion & Choices, 1-800-247-7421 or 303-217-2162, rhalpern@compassionandchoices.org

Care Managers

Care managers work with individuals and their families to develop a holistic and comprehensive care plan for an elderly or incapacitated adult. Care managers assist with implementation and oversight of this care plan and/or can assist with a more specific area of need.

Anne Grasee, LCSW 303-863-0966, agraseelcsw@aol.com

Older Adult and Caregiver Services, Lutheran Family Services Rocky Mountains 303-217-5864, caremanagement@lfsrm.org

Seniors' Resource Center, main contact: Leah Rybak, Marketing and Public Relations Coordinator

303-235-6954, lrybak@srcaging.org

Continuum of Care Options

Continuum of care includes all levels of health care and personal care services such as all levels of housing, supportive, and health care services available to a person. It covers care that is available in the community for the full spectrum of patient needs.

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Day Care/Respite

Short term care for loved ones during the day or short term overnight care a few days at a time, in or outside of the home, which provides relief for caregivers or allows caregivers to work.

Linda Johnston, Director, Seniors' Resource Center Adult Day and Respite Services 303-235-6995, ljohnston@srcaging.org

Death with Dignity

Advances in medicine and technology have greatly increased our lifespans, but for some there is a growing concern over life's quantity versus its quality. This presentation examines why some patients want to exercise this right, how Death with Dignity laws work, the prospects for passing a supportive law in Colorado, and what end-of-life medical treatment options are currently available for Coloradans.

Roland Halpern, Regional Campaign & Outreach Manager, Compassion & Choices 1-800-247-7421 or 303-217-2162, rhalpern@compassionandchoices.org

Dementia

Dementia is a general term for memory loss and the loss of other intellectual abilities such as attention, language and problem solving. Alzheimer's is the most common form of Dementia.

Gretchen Clancey, Alzheimer's Association Colorado Chapter 303-813-1669, gclancey@alz.org

Julie Elkjer, Touching Hearts at Home 303-962-1276, jelkjer@touchinghearts.com

Older Adult and Caregiver Services, Lutheran Family Services Rocky Mountains 303-217-5864, caremanagement@lfsrm.org

Seniors' Resource Center, Linda Johnston, Adult Day and Respite Services Director 303-235-6995, ljohnston@srcaging.org

Chip Watson, Senior Helpers Agency Director 303-452-6500, chip.watson@seniorhelperscolorado.com

Roger Rhodes, Homewatch Caregivers of Southwest Denver 720-344-4700, rrhodes@homewatchcaregivers.com

Financial

Presenters focus on income and resource guidelines and limits as it relates to Long Term Care Medicaid eligibility requirements. Information can be used if a person is needing in-home care, assisted living or nursing home care.

Elizabeth Ortiz, Long Term Care Eligibility Supervisor, Jefferson County Department of Human Services

303-271-4602, eortiz@jeffco.us

Melodie Ivory, Long Term Care Eligibility Supervisor, Jefferson County Department of Human Services

303-271-4604, mivory@jeffco.us

Free HUD-approved housing counseling from default-mortgage to reverse-mortgage counseling for seniors who want to explore if a reverse mortgage is right for them.

Allison Lockwood, Communications Manager, Brothers Redevelopment 303-685-4227, Allison@brothersredevelopment.org

Gay, Lesbian, Bisexual and Transgender Seniors

This group of largely invisible, underserved and vulnerable seniors have spent a lifetime hiding their identity as gay, lesbian, bisexual and transgender individuals. There are some cultural considerations when providing care and services to this population.

Shari Wilkins, National Resource Center on GLBT Aging trainer and Project Visibility trainer 303-807-4604, sawilkins66@gmail.com

Older Adult and Caregiver Services, Lutheran Family Services Rocky Mountains 303-217-5864, caremanagement@lfsrm.org

Guardianships and Conservatorships

A guardian is a person appointed by a court to make decisions on behalf of another person who is determined by a court to be incapacitated. A conservator is similarly appointed by a court to make financial decisions for an individual who has been determined to be incapacitated.

Susie Germany, The Germany Law firm 303-454-3711, susie@coelderlaw.net

Gale Nichter, LCSW 303-337-6130, gbnichter@gmail.com

Hospice/Palliative Care

Hospice care focuses on bringing comfort, and tranquility to people nearing the end of life. Patients' symptoms and pain are controlled, goals of care are discussed and emotional needs are supported. Palliative care focuses on symptom management and is appropriate for patients in all disease stages.

Susan Lawrence, The Denver Hospice and Optio Services 720-333-2322, slawrence@care4denver.org

Max Truesdel, Innovative Hospice Care 888-634-0784, 415-310-6966, Max.truesdel@vitas.com

Housing – Modification/Remodel

Most adults want to stay in their homes as long as possible, but they seldom know what changes to make and whom to hire to maintain an active lifestyle. A wide variety of options and adaptations can be made to a home to help extend the amount of time that an individual can live at home.

Erik Listou, Owner, Building Responsible Institute 720-581-0277, erik@BuildResponsibleInstitute.com

Brothers Redevelopment, Communications Manager Allison Lockwood 303-685-4227, Allison@brothersredevelopment.org

Leonard "Leo" Lujan, Owner, Rocky Mountain Independence Services 303-332-1041, 720-345-9546, www.RMIndependenceServices.com

Identity Theft

Identity theft is a form of stealing someone's identity in which someone pretends to be someone else by assuming that person's identity, typically in order to access resources or obtain credit and other benefits in that person's name.

Cary Steven Johnson, Director: Crime Prevention, 1ST District Attorney's Office 303-271-6970, csjohnso@jeffco.us

In-Home Care: Non-Medical/Medical Services

Home Care spans a continuum of services that range from non-medical care such as companionship, family respite and home maker to medical care such as assisting with transfers, providing hands-on personal care, managing/administering medications, performing therapies and wound care.

Julie Elkjer, Touching Hearts at Home 303-962-1276, jelkjer@touchinghearts.com

Art Chmelik, CSA, President/Owner BrightStar Care 720-963-1000, art.chmelik@brightstarcare.com

Seniors' Resource Center, Carol Mitchell, In-Home Services Program Manager 303-235-6929, cmitchell@srcaging.org

Chip Watson, Senior Helpers Agency Director 303-452-6500, chip.watson@seniorhelperscolorado.com

Roger Rhodes, Homewatch Caregivers of Southwest Denver 720-344-4700, rrhodes@homewatchcaregivers.com

Long Distance Caregiving

An estimated 15 percent of the 34 million Americans who care for older family members are Long Distance Caregivers. Serving in such a capacity can have an impact on one's family life, finances and career, not to mention emotional well-being.

Anne Grasee, LCSW, 303-863-0966, agraseelcsw@aol.com

Art Chmelik, CSA, President/Owner BrightStar Care 720-963-1000, art.chmelik@brightstarcare.com

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Medical Elder Law

Elder law refers to an area of legal practice that specialized in the issues that affect an elderly population. Main areas of focus include estate planning (including wills, trusts and tax implications); Medicaid, disability and others aspects of long-term care; and fiduciary concerns (guardian and conservatorships).

Susie Germany, The Germany Law firm 303-454-3711, susie@coelderlaw.net

Medicare/Medicaid

Medicare is a social insurance program administered by the U.S. government, providing health insurance coverage to people who are aged 65 and over or who meet other special criteria. Medicaid is the U.S. health program for eligible U.S. citizens and resident aliens, including low-income adults and their children and people with certain disabilities. All 50 states have different versions of a Medicaid program.

Elizabeth Ortiz, Long Term Care Eligibility Supervisor, Jefferson County Department of Human Services 303-271-4602, eortiz@jeffco.us

Melodie Ivory, Long Term Care Eligibility Supervisor, Jefferson County Department of Human Services 303-271-4604, mivory@jeffco.us

William B. Kistler, MBA, Outreach & Project Director, Centura Health Links 720-321-8869, williamkistler@centura.org

Teri Howard, Later Life Advocates 303-928-0600, agingspecialist@yahoo.com

Mental Health/Difficult Behaviors

Mental health is a term used to describe a level of cognitive or emotional well-being.

Phyllis Kirk, LPC, CAC III, Jefferson Center for Mental Health, Senior Reach Clinician and Behavioral Health Provider 303-432-5753, phyllisk@jcmh.org

Gretchen Clancey, Alzheimer's Association Colorado Chapter 303-813-1669, gclancey@alz.org

Older Adult and Caregiver Services, Lutheran Family Services Rocky Mountains 303-217-5864, caremanagement@lfsrm.org

Gale Nichter, LCSW 303-337-6130, gbnichter@gmail.com

Teresa Legault, Senior Reach 303-432-5750, teresal@jcmh.org

Nutrition

Many common health problems can be prevented or alleviated with a healthy diet. Nutrition is an important tool on how to consume and utilize foods to benefit overall health through aging.

Debora Hankinson, NTP, MNT, Custom Life Solutions 303-884-3051, debora@customlifesolutions.com

Ombudsman

An ombudsman is an appointed official whose duty is to investigate complaints against institutions such as for the purposes of this list, nursing homes and assisted living facilities. The DRCOG Ombudsman Program is a free advocacy service for nursing home and assisted living residents in the Denver metro area. Ombudsmen can assist anyone in a long-term care situation, including friends and relatives of residents.

Shannon Gimbel, Denver Regional Council of Governments Ombudsman Program Manager 303-480-5621, sgimbel@drcog.org.

Senior Scams

Seniors can be an easy target for financial abuse and specific scams aimed at seniors.

Cary Steven Johnson, Director: Crime Prevention, 1ST District Attorney's Office 303-271-6970, csjohnso@jeffco.us

Setting up Boundaries/Conversations with Parents/Spouse/Family

Caring for a loved one can lead to many difficult conversations with family members. It can be helpful at times for caregivers to set limits/ boundaries around communication and the help they are able and willing to give.

Allison Costenaro, MA, LPC, Integrative Health and Healing 303-731-9969, Allison@ihhcolorado.com

Lee A. McCue, Broker/Owner Keller Williams Denver Tech Center 303-859-0198, www.McTeamRealEstate.kwrealty.com

Older Adult and Caregiver Services, Lutheran Family Services Rocky Mountains 303-217-5864, caremanagement@lfsrm.org

Gale Nichter, LCSW 303-337-6130, gbnichter@gmail.com

Stress/Depression/Burnout

Sometimes, the pressure of caring for someone who is elderly or has a chronic illness can lead to stress and a condition called "caregiver burnout." To prevent this, it's essential to know how to manage your caregiver stress.

Anne Grasee, LCSW, 303-863-0966, agraseelcsw@aol.com

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Chip Watson, Senior Helpers Agency Director 303-452-6500, chip.watson@seniorhelperscolorado.com

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Transportation

Many caregivers face the decision of taking the car keys away from an elderly person whose driving behavior has become a danger to themselves and others. For anyone facing this choice, there are some valuable tools to help you with your decision and information about transportation options when someone is no longer able to drive themselves.

Seniors' Resource Center, Hank Braaksma, Transportation Services Director 303-235-6970, hbraaksma@srcaging.org

Trauma

Information regarding treatment for senior victims of crime and trauma related to disasters (natural and human provoked).

Gale Nichter, LCSW 303-337-6130, gbnichter@gmail.com

VA Benefits

The Veterans Benefits Administration in conjunction with the Veterans Health Administration provides benefits and services to active military service members, Veterans, and their families. Better understand what those benefits might be and how they could apply to your current situation.

Wilma G Anderson, LifeCare Planning, LLC 720-344-0312, info@wilmaanderson.com

Pete Mortaro, Veteran Services Officer, Jefferson County Human Services 303-271-4205, pmortaro@jeffco.us.

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Work/Life Balance

Work/Life Balance: proper prioritizing between "work" (career, caregiving) and "lifestyle" (health, pleasure, leisure, family, and spiritual development/meditation).

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