

## How can I encourage Mom to move?

- Use “I” statements when bringing up the subject  
Try not to overwhelm your mother with your desire for her to move and be safe. “I” statements encourage a dialogue, “you” statements usually result in a defensive interchange
- Listen to your mother’s feelings about moving. What is she concerned about? Why is she hesitant to move?
- Ask yourself; is it really necessary for Mom to move? Are there any other options that would allow Mom to stay at home? Does she need assistance with personal care?
- When is the last time that your mother has seen her doctor? There are many reasons that an older adult can have a change in behavior.

It is very difficult to balance the need to “protect” your parents and at the same time respect their autonomy.



Transition Strategies Staff pictured left to right:  
Lori Goldberg,  
Toby Cremer,  
Lou Albert,  
Mary Hoke, and  
Evelyn Young.

The team at Transition Strategies helping you work through these issues. Our licensed clinical social workers have over 20 years experience in helping older adults and their families work through these emotional and time consuming issues.

We specialize in providing eldercare consultation and assessment for the St. Louis region as well as through a network across North America.

Our professional advice includes objective and unbiased referrals to resources for elder care that have met strict credentialing criteria. Please visit us at our [new website](http://www.transitionstrategiesllc.com):

[www.transitionstrategiesllc.com](http://www.transitionstrategiesllc.com)

to learn more about Transition Strategies and how we can be helpful to you or your employee.

## New Study: Corporate Programs Improve Employed Caregivers Focus on Job

Key findings of a recent study designed and conducted by the National Alliance for Care giving and the Center for Productive Aging at Towson University entitled, Corporate Eldercare Programs: Their impact, Effectiveness and Implications for Employers found that:

Employed family caregivers who use employer-sponsored geriatric care management services were more focused on work after using the program than they were before using it. The report also found that “presenteeism” improved over time for users of the geriatric care management program. The term presenteeism is defined as the extent to which workers are “on task” or focused on their work tasks.

The study consisted of on-line surveys, telephonic interviews, and a six-month follow-up survey of the interviewees with three groups of care giving employees. 1) Non-users of the eldercare programs, 2) users of the resource and referral program, and 3) users of the GCM program

To view the full summary of findings, visit: [http:// www.lifecare.com/news/archives/study\\_0208.html](http://www.lifecare.com/news/archives/study_0208.html)