

ELDER LAW REVIEW

May 2018

May 13 - 19 National Skilled Nursing Care Week

This week is National Skilled Nursing Care Week, formerly known as National Nursing Home Week. This is an opportunity for us to thank those individuals who provide medical, emotional, and spiritual care to our aging loved ones in order to preserve quality of life when they can no longer live independently.

The Theme for this year is “Celebrating Life’s Stories”. Everyone has a story if we just take a little time to listen. In the spirit of the theme, here are some suggestions on helping your loved ones tell their stories.

- Use memory triggering items
 - Photos albums, old magazines, music, and other sensory items can help a loved one connect with memories of their past. Maybe the magazine has an advertisement for grandpa’s first car. Maybe the smell of lilacs brings grandma back to her mother’s garden.
 - Let the storyteller guide you. Don’t try to force the direction of the memories to be shared, just let your loved one tell you what they want to tell you in their own time. Even though you may have heard the same story several times, think about how often you have really listened, you might be missing a chance to discover a little more about that old plow horse grandpa has talked about since you were a child.
 - Give the storyteller your undivided attention. The more engaged you are as the audience, the more the storyteller will be likely to want to engage with you.
 - If your loved one is struggling, ask questions or make comments. Try keeping it generic, instead of asking who the people in the picture are, comment on the kind of day it appeared to be or the location.
- Make a record
 - Using a cell phone or other audio recording device to create a record of the stories your loved one tells will help preserve those stories for future generations.
 - Recordings, writings, and photos can easily be transformed into a multi-media record of your lived one’s memories.

The nursing home residents are not the only ones with stories. The staff at the facility have stories to tell too. Use this as an opportunity to learn a little more about these special individuals.

The Attorneys and Staff at Pluto Boes Legal would like to extend our appreciation for the dedication, caring, and hard work provided by skilled nursing staff. Thank you for all you do.

Pluto Boes Legal, PLLC offers prospective clients a NO-cost, NO-obligation consultation. This is a great opportunity for you to become informed of the options available to you for your Estate Planning and Medical Assistance Planning needs.

We have many free, educational workshops coming up, so please give us a call, toll free at 1-866-457-3131 or visit our website www.PlutoBoesLegal.com to see when our attorneys will be presenting a workshop in your area. Like us on Facebook! www.facebook.com/PlutoBoesLegal

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