

Caregivers – What if Something Happens to You?

By Janice Martin, Senior Advisor / Family Liaison

Most people agree that being the full-time caregiver of a loved one is stressful and exhausting. However, many ignore the effect on their well-being. Outward appearances are deceiving and although you may look fine, the damage to your mental and physical health is undeniable. The alarming reality is that caregivers often die first.

If you are the primary caregiver, it is imperative that you have taken steps to obtain important legal documents. Power of Attorney papers and Advance Directives are required in the event that placement in a long-term community is necessary.

But what if something happens to YOU? Planning for this possibility is critical.

Because many Seniors have retired to Florida, there is the likelihood that family lives out of State. If you have assigned an adult child the responsibility of being Power of Attorney in the event of your death or incapacity, will they be able to take immediate action in a crisis? You may have asked a neighbor or friend to help, but what if they are unavailable? What if your adult child needs time to plan to leave their family or job responsibilities before being away for an extended absence?

Now is the time to make important decisions for everyone's peace of mind. Hiring a professional to develop a clear and concise plan and to be available to act immediately can be very helpful. Senior Liaison of Central Florida, Inc. can advise and help you through the process of choosing an assisted



living community to offer long term placement. If the goal is that your loved one will move to be closer to family, short term respite care will be a good alternative while arrangements are put in place. Some assisted living paperwork can be completed ahead of time. We will contact the doctor to obtain last minute forms that cannot be completed in advance. We can arrange for a home care agency to go to your home to ensure your loved one's care and safety until family arrives or a move is possible. Access to financial resources by a responsible party should be made for payment of any care services, either temporarily or long term.

Avoid a crisis by taking action now by calling 352-477-1866! Allow yourself the confidence of knowing that you have thoughtfully planned to ensure your loved one's care according to your wishes in the event that you are no longer here.



My name is **Janice Martin** and I am the founder of Senior Liaison of Central Florida, a Senior Living placement service covering The Villages and surrounding areas. I have over a decade of experience

as a Director of Sales in Senior Living and have a solid understanding of Independent Living, Assisted Living, Memory Care, and Skilled Nursing communities and all they offer.

My goal is to help individuals and families looking for these services and to help them locate the best fit for their needs. Most people have little or no idea where to begin. I work to support you every step of the way! I have no financial interest in any community or service – YOU make the decision! I am simply your guide.

Senior Liaison of Central Florida can help connect you with senior living communities such as Independent Living, Assisted Living, Memory Care, Long Term Skilled Nursing. We can also connect you with other important senior services such as in-home care, support groups, hospice, elder law attorneys and more.

To find out more or to schedule your appointment, please contact Senior Liaison of Central Florida today.

Senior Liaison
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