

Strohschein Advocate



STROHSCHIEIN LAW GROUP, LLC

Winter 2014

JOAN HOPLEY, ELDER CARE COORDINATOR, RETIRES

Joan Hopley was hired to create the Elder Care Coordinator position starting in August of 2009. Joan and Linda Strohschein had an idea of how to provide this support for clients while building trusted relationships with resourceful agencies and senior care providers. This idea flourished and became an integral service for Strohschein Law Group staff and clients.

Joan approaches everything with encouragement and optimism while

putting the reputation of our law firm as top priority. She lends her ear and actively problem solves, consistently providing favorable results. She has such a creative knack for decorating and design especially our giveaway gift baskets while always dressing to impress with her hip style and accessories.

We will miss Joan dearly as she turns to the next chapter in her life. We are excited for her to visit and spend more

time with her children and grandchildren, as well as to enjoy retirement with her husband and friends.

Congratulations Joan! We will think of you often!



Introducing, Colleen Ceh Elder Care Coordinator



While we say farewell to Joan, we are eager to announce that Colleen Ceh is filling the position of Elder Care Coordinator. We value the precedent Joan created and understand the value of finding someone with the same

tender character while bringing fervor and anticipation to keep our clients, community, and trusted business partners' needs top priority. Colleen has joined our team and you will find that the transition will be seamless. She

brings years of knowledge, practice, and commitment to provide seniors with resources and support as if she were helping her own mother.

Join us in welcoming **Colleen Ceh** to our team!

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Is This Your Story?



You get home from work and start dinner, but you know you need to call mom to make sure she is okay and took her medications on time. Since getting home from the hospital she is not quite the same, and you fear this will be a long recovery. Your son at college calls to let you know he needs more cash in his account to pay for books, just as your neighbor stops by with a request for a couple of eggs.

Your husband is scheduled for knee surgery when he gets back from his business trip, and you wonder how you will tell him your daughter is getting a divorce and needs a place to stay with her two children for a few months until she gets back on her feet. Your friends invited you for a weekend getaway, but you don't know how it will work. Even thinking about taking time away makes you feel guilty!

Sometimes life catches us in the middle, managing our own family while trying to oversee care for our parents. Strohschein Law Group understands the stretch and offers the services of an Elder Care Coordinator to support you whether one time one-time, or for an entire year. Sometimes having someone on your side to help navigate the changes ahead for a loved one with declining health and fitting the pieces together can make all the difference!

How Our Elder Care Coordinator Can Help You



Schedule an assessment to affirm the medical needs of your loved ones and identify their care goals.

Work with you to **develop a plan** to best meet those needs and give you information about community and other resources which can help.

Support you in your caregiving role and offer resources to help you.

Meet with family members and/or nursing home personnel to **advocate for your loved one** and facilitate practical steps to achieve desirable

goals and optimal health and well-being.

Educate you, your family members and your loved one about disease processes and options to support a good quality of life.

Assist you with choosing a facility or home care agency and help you **manage crisis situations** which may arise.

Relief for the Family Caregiver

When a family member is providing care for a loved one, it is a tremendous burden, both physically and mentally on the caregiver. The responsibility on the caregiver increases dramatically as the needs progress. For that reason, it is so important for the caregiver to know that relief is out there.

The stress and worry on the caregiver is overwhelming and can potentially cause them to become ill. It is imperative that the caregiver seek

help immediately from a medical professional or mental health counselor if they begin to feel overwhelmed or not quite themselves.

The caregiver should not feel ashamed to seek help from a professional when needed. Also, if they feel like they need a short break, they can check into respite care, too. If they need a vacation or some time off, the caregiver can hire someone to stay with their loved one as needed.

Another option to consider is that most nursing homes and assisted living facilities offer families the opportunity for older relatives to stay in their facilities for a short period of time. Additional information and assistance with suitable arrangements can be found through your local Area Agency on Aging, or simply contact Colleen Ceh for guidance at 630-377-3241.



A Day in the Life of an Elder Care Coordinator at Strohschein Law Group

by Joan Hopley

Having helped individuals facing transitions in care needs for many years, my position here at Strohschein Law Group, though new to me, fits well with my passion to support the legal team and families when navigating through access to care and available resources. I understand that these situations are often difficult, whether experiencing a new diagnosis, or progressing through a chronic illness. I find that spouses, especially when dealing with their own health issues, depend on families for support and direction. And, most often they are not sure where to turn for help.

I find that many are concerned with finances and whether they will have enough to pay for their care if they have to go to a nursing home. Spouses fear running out of money before they run out of life, and often limit what they want to spend for needed care. Respite services to give the caregiver spouse a break are often put on hold due to financial concerns. Many are not aware of planning strategies to access public and private benefits, or what they can do to plan for future care needs and protect the assets they have saved for all their lives.

Because we often don't know what we don't know, educating individuals about how to fit the pieces of the long term care puzzle together is key to protecting what matters most! We all want to feel we are still in control and are able to make choices, even though we feel very "out of control" at times. Having a plan can make all the difference to give families peace of mind. Knowing what direction to go and what steps to take to ensure optimal care and quality of life in a changing world can make a significant difference. Some of my time I spend presenting to groups about various topics related to long term care, or coordinating educational events with Stephanie, our internal Marketing Director. Keeping my knowledge of available resources and changes in health care law and policy is vital to best serve our clients. Building trusted partner

relationships is also important to support and assist families we serve. By attending various networking groups, I keep abreast of some of these changes and services offered throughout the communities we serve.

So on a given day, I may be asked to speak with a family member and schedule a time to visit a client in their home to help determine needs and more effectively offer resource information. I then communicate with the legal team to coordinate next steps, ensuring that the best plan for that particular individual is executed, with essential legal documents in place.

On another day, I may serve as a client advocate by attending a "Patient Conference" in a nursing home to support best care and quality of life initiatives, working together with the facility's team. When the client wishes to engage in a one-year "life care plan," my role is to support the client and family members with transitions, crisis intervention, advocacy, education and connecting with resources to ensure their loved one is getting the right care, at the right time, and in the right place. Regular communication and timely response to problems help to develop a strong relationship of trust with our clients. They know they can contact me at any time by cell phone about concerns or questions.

Dealing with these often complex situations requires sensitivity and compassion, along with the experience of a team of professionals. My goal, like my colleagues, is to help you protect what matters most to you and your loved ones! As I get ready to enter my retirement, I confidently pass my reigns to Colleen Ceh. This is an exciting time of transition for me and for Strohschein Law Group.





**STROHSCHNEIN
LAW GROUP_{LLC}**

Protecting What Matters

The experience you require. The compassion you'll appreciate.

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Come get to know us! Strohschein Law Group hosts FREE monthly Lunch&Learns. Visit www.StrohscheinLawGroup.com Events page to learn the details. We look forward to meeting you and help you protect what matters!	January 23, 2014 Trust University	March 27, 2014 Protecting Your Assets from the Cost of Long Term Care	
	February 2014 "Care Package" Series Part 1 - Care Coordination 2/13 Part 2 - Life Care Planning 2/20 Part 3 - Coordinate Resources and Essential Information - The Best of Caregiver's Tool Box and Life Care Portfolio 2/27	May 1, 2014 Special Needs Life Plan	
		RSVP 630-377-3241 or email Invite@StrohscheinLawGroup.com	

Plan Now, Rest Assured Later



Linda Strohschein and the Strohschein Law Group staff take pride in educating the community on the necessity of planning personal expectations through legal documentation. Live your life with confidence knowing that you have made difficult decisions with carefree thought and consideration. Learn about these estate planning documents at any of our free educational workshops, and then when you're ready, make an appointment to put your plan in place.

- 1. Will:** indicates how a person's assets and estate will be distributed upon death
- 2. Living Will:** records a person's wishes for medical

treatment near the end of life

3. Living Trust: provides instructions about the person's estate and appoints someone, often referred to as the trustee, to hold the title to property and funds for the beneficiaries. The trustee follows these instructions after the person can no longer manage his or her affairs

4. Durable Power of Attorney for Health Care: designates a person, sometimes called an agent or proxy, to make health care decisions when the person can no longer do so

5. Do-Not-Resuscitate (DNR) order: instructs health care professionals not to perform

cardiopulmonary resuscitation if a person's heart stops or if he or she stops breathing. A DNR order is signed by a doctor and put in a person's medical chart

6. Durable Power of Attorney for Property: names someone to make financial decisions when the person no longer can. It can help terminally ill people and their families avoid court actions that may take away control of financial affairs

Visit our website at StrohscheinLawGroup.com anytime to find our current workshop topics, dates, and times.

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