

The Right Care Resources, **Right When You Need Them**



CARING FOR OUR OWN

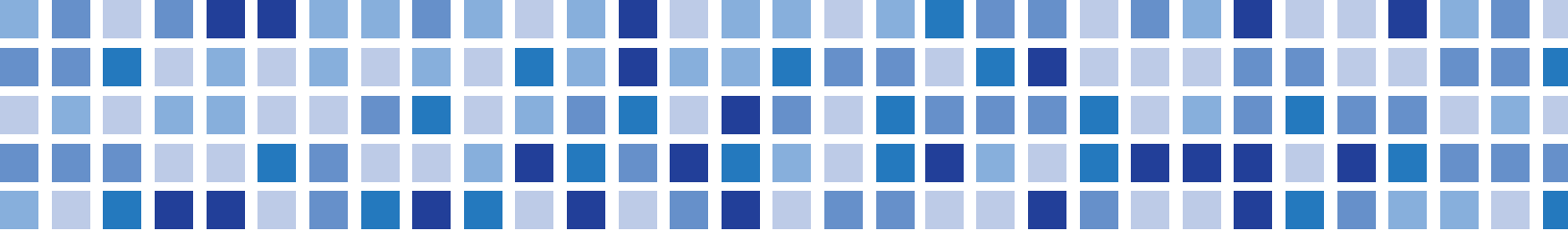
Research results from the American Hospital Association and The Physicians Foundation tell us that chronic disease is increasing rapidly in the 100 million of us who are over 50 years of age, while almost half of doctors are reducing their patient load or leaving their practice altogether. Also, the average distance between families and caregivers is 480 miles. This means that more than ever before we must take better care of ourselves and the members of our families.

That's why our church is implementing the CareOptions Family Healthcare Advisory, a healthcare resource that to date has only been available in the workplace to employees as a healthcare benefit.



The most important reasons are found in the Bible:

1 Timothy 5:4 tells us that caring for our parents and grandparents is paying our debt to them and is pleasing to God. Even more powerful is verse 8, which says, "If anyone does not provide for his relatives, and especially for his own family, he has denied the faith and is worse than an unbeliever."



CareOptions provides solutions to a multitude of careplanning, wellness and healthcare issues. The Family Healthcare Advisory Program is easy to use: just click on an app and read the instructions. A number of these features, such as preparing Advance Directives/Living Wills and the Care-Alert Card and Form, should be first on your to-do list in caring for your own.

Some especially important applications available in your CareOptions family benefit are:



CREATE A LIVING WILL – Create legal documents of your healthcare wishes to guide others in case you're ever unable to consent to treatment.



MEDICAL RESOURCE CENTER – Provides info on thousands of health conditions and treatments.



HOME SAFETY ASSESSMENT – Tool shows where risks for accidents exist in your home. Get a safety score with tips to make your home safer.



CREATE A CARE-ALERT – Protect your family with Care-Alert® Emergency ID forms and cards containing vital medical and contact info.



COSTS OF CARE – Estimate long-term care costs for nursing homes, home healthcare, assisted living and more nationwide, predict future costs based on inflation, and estimate insurance or investments needed to fund care.



REDUCE WORK – A useful tool to estimate your immediate and long-term personal financial losses if you find it necessary to reduce your work schedule to assume caregiving responsibilities.



WELLCHECK6 – WellCheck6 contains six basic health assessments to help with early detection.



CARE FACILITIES – Search nationwide for health care providers offering long- and short-term care.



CREATE A CARE GUIDE – Create a written care guide which includes: evaluating a person's physical ability, cognitive functioning and medical needs.



CARE LIBRARY – Find articles written exclusively for COOL about a multitude of care topics.



CONCERNS FOR CAREGIVERS – Twenty-two feature articles written on a variety of topics related to elder care.

WATCH FOR AN EMAIL WELCOME LETTER!

CareOptions is a secure system, which means it is only available to members using a family Membership Passcode provided by the Adventist Church. The passcodes will be sent by email to all families who have listed an email address in the church directory.

It is important to remember that CareOptions is a family benefit, so the Membership Passcode should be passed on to family members regardless of where they live. That could mean parents, adult children, a college student, or siblings in another state or country. It is especially important that our seniors, who may not have internet access, provide us with the email addresses of family members who do.

It is very important that parents, grandparents, children and siblings all have access to CareOptions. That means family caregivers can literally be on the same page helping parents avoid some of the pitfalls of aging. One of the most important benefits of CareOptions is communications- making certain everyone understands what is needed and how to best address that need.

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