



**SERVING 60 OF
MINNESOTA'S 87 COUNTIES**



Buffalo Office
763-682-3005



Blaine Office
763-792-9471



Hutchinson Office
320-587-5162



Mankato Office
507-345-8591



Rochester Office
507-252-9844



St. Cloud Office
320-255-1882



Fairmont Office
507-235-3898



Marshall Office
507-532-2264

Aging Life Care™ Management



**Expert Help for
Navigating the Challenges
of Aging**



Prairie River
HOME CARE

When...

- you are still meeting the challenges of a career and raising a family, but your parents need more help to live at home
- Dad has fallen...again
- you live out of town or even across the country from your aging parents, and their health isn't what it once was
- you don't know who is taking care of the finances now that your parents are older
- Mom is going to several different physicians and you're not sure if they are aware of all the medications she has been prescribed
- you are the primary caregiver for a loved one with Alzheimer's disease and you feel overwhelmed

Kate can help.

Kate Roden, MA, CPG
Aging Life Care™ Manager

AGING (i)fe CARE™
ASSOCIATION

The experts in aging well.



Visit us at
www.prhomecare.com/aging-life-care

kate.roden@prhomecare.com
Direct Line: 612-741-4375

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When you need help investing your earnings, you consult a bank officer. When you need help selling a home, you contact a real estate agent. Yet when you are faced with the complex issues involved when a loved one wants to age at home but may no longer be capable of doing so alone, you may try to manage them yourself, leading to stress, anxiety, and time off work or away from your other family obligations.

There is a professional to help you navigate the challenges of finding the right combination of services to enable a loved one to age in place: an Aging Life Care™ Manager.

Kate Roden is the Aging Life Care™ Manager at Prairie River Home Care, a private, independent home care agency. Kate is a Certified Professional Gerontologist and Aging Life Care Association (ALCA) certified. As an ALCA-certified professional, Kate must meet rigorous education, experience, and certification requirements and abide by a stringent Code of Ethics and Standards of Practice.

As an expert in the care of aging individuals, Kate puts her knowledge and experience to work as an advocate for your family and loved one. Kate's services are available on a short-term or long-term basis, adapting as your needs change.

Financial Considerations

We accept private pay, private insurance, and long-term care insurance.

What an Aging Life Care™ Manager Does

Care management is a holistic, client-centered approach, addressing all the elements needed to age well in place: medical, financial, legal, and emotional. An Aging Life Care™ Manager:

- ♥ Guides clients and families through the challenges of dealing with benefits, coverage, claims, and applications.
- ♥ Advocates, making sure that the client's wishes concerning health care and other decisions are respected.
- ♥ Allows individuals to live safely and independently at home by connecting them with needed services and assessing the home environment to see if any improvements, such as a wheelchair ramp, will make life easier.
- ♥ Cuts costs by locating resources and making care more efficient. It may be difficult to find the resources you need when you are unfamiliar with the system and what it offers. Kate knows what's available, where to go, and who to talk with to access valuable resources.
- ♥ Lowers stress for families and caregivers.
- ♥ Coordinates communication between the client, family, and physicians so that everyone is on the same page, even attending medical appointments with the client.
- ♥ Assists with financial and legal issues, making sure bills are paid and referring to lawyers for help with wills, power of attorney, and other legal matters.
- ♥ Provides 24-hour support to families.
- ♥ Helps prevent discord in the family by providing an objective, neutral presence.



For a free consultation, call Kate today at 612-741-4375 (direct line)

About Prairie River Home Care

Prairie River Home Care is a Medicare-certified home care agency serving individuals of all ages in 60 of Minnesota's 87 counties. Prairie River offers an array of medical and non-medical services, among them skilled nursing, home health aides, therapies, in-home care, companionship, live-in care--and now, Aging Life Care.™



Prairie River
HOME CARE