

Aging Care Consultation Services

Services for Older Adults and Families



In-Home Evaluations

I provide comprehensive assessments of older adults regarding mental health, memory, and cognition, as well as functioning levels in activities of daily living and estimation of care needs. I can also evaluate decision-making capacity in most situations.

I use clinically researched and respected testing tools in combination with a thorough interview as well as input from family and care providers as appropriate.

Summaries include recommendations and referrals to resources. Detailed written reports are also available.



Counseling / Consultation

As a licensed mental health counselor, I provide individual (one-on-one) counseling and consultation to older adults who are struggling with issues and challenges.

In a visit at your home (typically one hour, but we could meet longer), we talk about what you are facing and how you are handling it, and I provide support, feedback, and informational resources.

Typically I work with clients over a few days, weeks, or months. Some clients I have worked with over several years, just when they need my support.



Care Planning

Based on clinical research, the proprietary **Living Values and Choices Care Planning Process** can be used by spouses/partners, with aging parents and their adult children, or in support of any type of care partner relationship. It can also be used for planning care related to dementia or to any other chronic condition.

At the end of the process, you'll receive a care planning binder with your documents as well as resources for the future.



Family Meetings

To assist families in resolving care-related issues, I provide family meeting facilitation to defuse tension and ensure all voices are heard. This allows families to sidestep conflict and find common ground and ways to move forward.

Family meetings can include the older adult or not, depending on your situation. However, all parties present need to agree to participate and to respect confidentiality.

Call or email me with your questions – really.

Your first phone call is always free – if I don't have an answer, I will point you in the right direction. I try to connect people with free services whenever possible and can refer you to other trusted professionals.

Thorough and appropriate precautions are taken for home visits – see policies online.

Please note, I do not bill insurance but I can provide a coded invoice for you to submit for reimbursement.