

## Connecticut Center for Healthy Aging finding solutions for seniors

California resident Abby Temeltas was worried about being so far away from her 78-year-old mother who lived in Meriden. Her mom, who for medical reasons was not supposed to drive, repeatedly came alone to MidState Medical Center with a variety of health issues.

“I was going back and forth from California to Connecticut many times and was trying to look for placement and in-home services,” Abby recalled. There were so many details to handle that she didn’t know where to start.

At the hospital, her mother’s episodes raised a red flag with the staff in the senior-friendly emergency department and they notified Marc Levesque, senior resource case manager with Connecticut Center for Healthy Aging, a Hartford HealthCare partner.

“Marc called me to see if there was anything they could do,” Abby said. She happened to be visiting Meriden and met Marc at the MidState CTCHA office, which opened in July 2013. “He was very involved and caring.”

“We help seniors and caregivers navigate healthcare. It’s confusing,” Marc said. “People come with problems and we try to find solutions.”

Some of the services include providing free resources and assessments; Healthy Senior Wellness Screenings; Lunch & Learn and Dinner with the Doc informational events; and the Concierge Service with suggestions of trustworthy contacts for special paid services such as yard care or in-home hair styling.

Geriatric Care Management is a more complex program, for which there is a fee depending on the services. An advocate works with the person in need to communicate with family members and medical professionals, assist with appointments, oversee private caregivers, and much more.

Abby said as a reminder she has kept a list of all the resources Marc and CTCHA have provided: assisted living facilities; home health aide services; independent living possibilities; local transportation for seniors; energy assistance; pharmacy delivery; veterans benefits; and geriatric care management.

Her mother cannot return home on her own after she is discharged from a rehabilitation facility, Abby said, and she hopes to bring her to California to live. “I’m her only family,” she explained.

“Marc’s been a great help. He seems to have a sixth sense and calls me when I need him the most,” she explained. “The Connecticut Center for Healthy Aging has been an invaluable support.”