



The help you need in this time of change.

Caring for elderly parents and loved ones can be challenging in today's health and economic environment. They deserve the best attention and care possible but we understand how confusing and time consuming the process can be for your family. Especially when you live too far away or life's other obligations make it difficult.

A Geriatric Care Manager (GCM) from ILS can help make sure you know what to do.



*Independent
Living Solutions, Inc.*

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About Us

Since 1999, *Independent Living Solutions, Inc.* (ILS) has helped hundreds of families in communities north of Boston and southern New Hampshire to find ways for their parents to continue living safely and as independently as possible through their later stages of life.

We strive to help families understand and make sense of their loved ones' health care needs and care options. By working with family members and caregivers, we maximize resources to keep them safe and well.

ILS specialists have extensive knowledge of the costs, quality and availability of resources in the local communities and collaborate with all involved to develop the best plan of care possible.

ILS was founded by Eileen Berman, MS, OTR/L, a nationally certified Aging Life Care Manager with over 35 years experience working along many points of care in geriatric and mental health facilities across the region.

Eileen is a registered and licensed Occupational Therapist (OTR/L) in the states of Massachusetts and New Hampshire, and is a member of the National Association of Aging Life Care Professionals.



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Professional Geriatric
Care Managers



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Why use a Geriatric Care Manager?

GCMs – also known as Professional Life Care Managers – help families navigate the healthcare, social, and economic minefields that concern the elderly. You are considering hiring a GCM because you want to properly care for a loved one and cannot do it alone due to distance or time constraints.



At ILS we can help make this difficult time easier. We will guide you and your loved one through the entire process including:

- Thoroughly assessing functional ability, cognitive status, and living environment alternatives.
- Researching and reviewing options for care that will provide the services needed.
- Creating a smart care budget that best fits the family's financial abilities, avoids duplication, and maximizes public benefits.



- Helping to avoid unnecessary hospitalizations.
- Coordinating their health care services.
- Advocating for your parents' rights when you can't be there to speak for them.

Independent Living Solutions approaches each client as a unique case, with its own particular characteristics and issues. We customize the services we offer to the needs of your family and loved one. Here are the steps we take:



Assessment

ILS uses information gleaned from family interviews, and in-person evaluations of abilities, strengths and client needs to identify the problems areas and present solutions.

Care Planning

Using the information from the assessment, ILS creates a step by step plan of care that resolves your immediate concerns, addresses their short term needs and plans for the longer term.



Service Coordination and Monitoring

ILS arranges for and oversees all necessary services and medical care from scheduling, attending appointments, through followup. Care managers facilitate the communication between providers and family members to keep all involved updated.

Advocacy

With years of experience working in the healthcare system and our understanding of insurance regulations, ILS care managers passionately advocate for patients' rights and services throughout their care.



Family Consultations

Through one time or as needed meetings ILS provides opportunities for family or other concerned parties to meet and discuss the client care.

Insurance Review

Insurance regulations are ever changing. ILS will assure you obtain the maximum benefit from your insurance plan and any other applicable resource.

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