



Resources

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Alzheimer's Association Helpline



1-800-272-3900


What is Medical Social Work



Medical social workers support patients, and their families, understand a particular illness, work through the emotions of a diagnosis, and provide counseling about care decisions (i.e. addressing the social, financial and psychological barriers related to their health condition).

Goal of Social Work support within the LEADS Study:

For families to feel empowered in making informed care choices specially acknowledging and addressing the factors that impact those diagnosed with younger-onset Alzheimer's Disease



CARE CONSIDERATIONS + RESOURCES

- CARE TEAM
- SOCIAL SUPPORT
- SAFETY
- FINANCIAL

CARE TEAM

- Coordinating care between disciplines (MD, OT, PT, SLP, etc)
 - Primary Care Provider (PCP)
 - Neurologist (and other specialists)
 - Occupational therapy (CDRS: Certified driving rehabilitation specialist)
 - Physical Therapy
 - Mental health providers: Psychology / Psychiatry / Counselor
 - Speech Language Therapy (SLP)
 - Research team

SOCIAL SUPPORT

- Engaging in support groups / education
 - <https://www.communityresourcefinder.org/>
- Faith organizations, schools, social groups
- Local Area Agencies on Aging (AAA)
 - https://eldercare.acl.gov/Public/About/Aging_Network/AAA.aspx
- Informal care support
 - Caring Bridge: <https://www.caringbridge.org/>

SAFETY

- Residence : <https://www.alz.org/help-support/caregiving/safety/home-safety>
 - Independent, assisted, skilled environments
 - Fall prevention
- Driving: <https://www.alz.org/help-support/caregiving/safety/dementia-driving>
 - Conversations with neurologist, primary care, Occupational therapy (CDRS)
- Medication management: <https://www.alz.org/help-support/caregiving/safety/medication-safety>
- Travel (airports, accessibility): <https://www.alz.org/help-support/caregiving/safety/traveling>

FINANCIAL

EMPLOYMENT BASED

Reasonable accommodations - Americans with Disabilities Act

<https://www.eeoc.gov/publications/ada-your-responsibilities-employer#:~:text=Reasonable%20accommodation%20is%20any%20change,equal%20to%20those%20enjoyed%20by>

Family and Medical Leave Act (FMLA): <https://www.dol.gov/general/topic/benefits-leave/fmla>

Short / Long term Disability: Employer specific benefits

Veterans Benefits: <https://www.va.gov/health-care/eligibility/>

FINANCIAL

SOCIAL SECURITY

- **SSDI (Social Security Disability Income):** Social Security pays benefits to people who are totally disabled and unable to work. Federal law follows a strict definition of “disability.” Under that definition, you are considered disabled if:
 - The **Compassionate Allowances program (CAL)** identifies claims where the applicant’s disease or condition clearly meets Social Security’s statutory standard for disability
 - <https://secure.ssa.gov/poms.nsf/lnx/0423022385>
 - <https://www.alz.org/help-support/caregiving/financial-legal-planning/social-security-disability>

FINANCIAL

HEALTH INSURANCE

- **Employment based /COBRA:** <https://www.dol.gov/agencies/ebsa/laws-and-regulations/laws/cobra>
- **Marketplace:** <https://www.healthcare.gov/>
- **Medicare:** Federal program available for certain people with disabilities who are under age 65. These individuals must have received Social Security Disability benefits for 24 months
[https://medicareadvocacy.org/under-65-project/#:~:text=Medicare%20is%20available%20for%20certain,known%20as%20Lou%20Gehrig's%20disease\)](https://medicareadvocacy.org/under-65-project/#:~:text=Medicare%20is%20available%20for%20certain,known%20as%20Lou%20Gehrig's%20disease))
- **Medicaid:** Administered by states: <https://www.medicaid.gov/medicaid/index.html>
- **Helpful questions:** Does the provider accept this insurance? Is it in network, co-pay

FINANCIAL

LEGAL

- How do I find an Elder Lawyer near me: <https://www.naela.org/>
- HIPAA: <https://www.hhs.gov/hipaa/for-professionals/privacy/index.html>
- Advance Care Planning
 - <https://www.alz.org/help-support/caregiving/financial-legal-planning/legal-documents>
 - <https://prepareforyourcare.org>
 - Financial planning, Estate planning, Trusts, Guardianship

- DEVELOP A WELLNESS PLAN
 - For both the person diagnosed with early-onset AND their caregivers
 - Physical activity
 - Routine wellness exams (vision, hearing, dental)
 - Smoking cessation
 - Minimizing stress
 - Engaging in hobbies / activities / YMCA classes, music therapy / etc.
 - Sleep hygiene
 - **Practice asking for help**



WELLNESS PLAN



THANK YOU!

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