



July 2008

Dennis M. Sandoval,
A PROFESSIONAL LAW
CORPORATION

*Providing Peace of Mind to
Seniors, the Disabled and
their Family Members*

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*Mr. Sandoval is the only
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certified as a Taxation Law
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Planning, Trust & Probate
Law Specialist by the
California Bar Board of
Legal Specialization as well
as a Certified Elder Law
Attorney by the National
Elder Law Foundation*

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www.cal-elder-lawyer.com

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Sandoval's Soliloquy

A Periodic Update for Health Care Professionals Working With the Elderly and the Disabled

Dennis Joins Special Needs Alliance

MEMBER



Special needs require special lawyers.

Dennis is proud to announce that he has been invited to join the Special Needs Alliance, an exclusive organization of attorneys that specialize in planning for special needs persons. Through his affiliation with the Special Needs Alliance, Dennis will have the collective wisdom and planning experience of some of the top special needs planning attorneys in the United States available to him and his clients. Dennis is one of only six Special Needs Alliance members in California. The Special Needs Alliance has slightly over one hundred members nationwide.

Dennis Attends NAELA Board Retreat

Dennis will be traveling to Monterey, California this month to participate in the National Academy of Elder Law Attorney Board of Directors Retreat. At the retreat, Dennis will be joining with other members of the Board of Directors of NAELA to shape the direction that the National Academy of Elder Law Attorneys will be taking in coming years as one of the leading professional associations advocating for and defending the needs of the elderly and the disabled.

Karen to Attend Geriatric Care Manager Conference

Karen will be attending the Annual Conference of the Western Regional Chapter of The National Association of Professional Geriatric Care Managers on September 18-21 in Costa Mesa. If you are interested in obtaining more information about the National Association of Professional Geriatric Care Managers, you can visit its website at www.caremanager.org.



Thanks for Helping Us Help Your Clients!

A special Thank You to the health care professionals at Loma Linda University Medical Center and Children's Hospital, Kaiser Hospital, Riverside Community Hospital, Parkview Community Hospital, Villa Health Care Center, Community Care and Rehabilitation and Plymouth Tower who referred their patients to us for our assistance. We greatly appreciate the opportunity to be of assistance to you and your clients!

Save the Date for Fourth Annual Caregiver's Symposium!!!

Be sure to enter March 27, 2009 on your calendar for the Fourth Annual Caregiver's Symposium. The upcoming conference will be held at The Victoria Club in Riverside, and it will be our best symposium ever. Guaranteed!!! Attendees will receive seven hours of CE credits for Registered Nurses, Licensed Clinical Social Workers, Marriage and Family Therapists, Nursing Home Administrators and RCFE Administrators.

Hydration for the Elderly:

Nagging Your Patient to Drink More Water Is Not Going To Solve The Problem

Nearly 14,000 persons, most of them frail seniors, died as a result on a heat wave in France in 2003. There is also evidence to suggest that more than thirty percent of elders coming into emergency rooms have a dehydration-related illness as part of their diagnoses.

Here are the symptoms you should tell your caregivers to be vigilant for:

- Little or no urination
- Sunken eyes
- Skin that lacks its normal elasticity and resilience when pinched
- Dry mouth and / or eyes

Immediate, practical solutions are what are needed to keep our frail seniors from becoming dehydrated. One solution that is noticeably absent is the common refrain that the senior must drink eight glasses of water per day.

Fluids are in many of the foods we eat, so planning a diet that includes fruit, vegetables, soup, jello, pudding, sherbet and other "wet" foods can help a lot. Encourage your patients to have juice or decaffeinated coffee or tea with their meals, or milk with their cereal for breakfast. Soup and fruit should always be offered at lunch and dinner.

As caregivers, we need to determine what liquids our seniors enjoy. By keeping these on hand and easily available, it will be much less of a chore to make sure that our frail elders are properly hydrated. Include these favorites with meals and with snacks. Gatorade is also a good choice because it contains many electrolytes and comes in many different flavors to match any taste. If sugar is an issue, there are similar products without

sugar. By remaining conscious of hydration issues, we can prevent our seniors from developing health problems that are all too common with many in the elderly population.

Dental Care for Nursing Home Residents on Medi-Cal

Nursing homes and Medi-Cal have important roles in ensuring that residents receive needed dental services in a timely manner. Nursing home should address residents' dental needs in their careplans and must assist residents in obtaining routine and emergency dental care. Nursing homes can arrange services by hiring a dentist or by having an agreement with a dentist to treat residents. If a resident's dentures are lost or damaged, the nursing home is required to make a prompt referral to a dentist and to aggressively work to replace the dentures.

Through its Denti-Cal program, Medi-Cal covers emergency dental care, diagnostic services, necessary treatments, extractions and other dental treatment, subject to specific restrictions. Beneficiaries must obtain services from a dentist enrolled in Medi-Cal. Medi-Cal provides information on its dental program to beneficiaries through its call-in center at 800-32-6384 or on its website at www.denti-cal.ca.gov. Medi-Cal's dental coverage regulation is found at Title 22 of the California Code of Regulations § 51307.

Due to California's current fiscal crisis, the elimination or reduction of Denti-Cal program has been discussed by the Governor and the California Legislature. If dental services are eliminated, nursing home residents may have another means to receive dental care. Federal law and a California lawsuit settlement in *Johnson v. Rank*, 110 F.R.D. 99; 1986 U.S. Dist. LEXIS 26846 (April 11, 1986) give nursing home residents on Medi-Cal the right to keep income needed to pay for medical costs not covered by Medi-Cal, including necessary dental care. To qualify, the senior must first obtain a physician's order for the dental services and have this order included in the nursing home careplan. The caregiver should then arrange for the dental care from any dentist, present a copy of the bill to the nursing home, and then deduct the cost of the dental care from the monthly share-of-cost payments set by the Department of Health Services.

Emergency Alert Options

A phone is not enough when a frail elder or disabled person wants to get the attention of someone or even contact 911 in the event of an emergency. When considering an emergency alert device, a caregiver should assess the physical and verbal abilities of the users, the distance the device needs to cover, when it may be used, its battery life, and whether it should be a one-way or two-way device. It is also important to remember that a patient's needs change, so the flexibility of a system should be considered.

Call Alerts

These devices allow the user to alert a caregiver, usually with a loud noise or music. A common, inexpensive call bell is a wireless doorbell. A wide variety can be found at most hardware stores, or are available online at www.doorchime.com. The push button transmitter can be held or placed in an accessible location. Wireless doorbell systems run on regular batteries, and no special wiring is needed. Medical supply dealers also carry call systems such as the UMP™ Deluxe Personal Sentry Alarm at a price of around \$50.00. You can purchase this device at www.alimed.com or www.sammonspreston.com.

Adapted Call Bell Systems

If pushing a button is difficult, or the caregiver has special needs, Dynamic Living (www.dynamic-living.com) makes a "pendant paging system." The pendant can be placed in an accessible location or worn around the neck. A light touch to the pendant will immediately alert the caregiver. To accommodate changing needs, the Attendant Call Chime and the Vibrating Personal Pager can be adapted to any switch if the user is unable to

push a button easily. The Vibrating Personal Pager system can also be used with a flashing light, which is helpful for caregivers with hearing difficulties or for people in noisy environments. This system can also be used with a bed shaker to awaken a deep-sleeping caregiver. These devices are available from www.maxiaids.com or www.enablingdevices.com as well as other medical equipment providers.

Intercom Systems / Room Monitors

An intercom is a two-way communication system. The person wanting assistance must activate the transmitter by pushing a button, or can use voice activation. Radio Shack and other electronic stores have a variety of intercom systems starting at about \$50.00. They run on regular batteries and need no special wiring. Www.smarthome.com and www.futurehomesystems.com have information and resources for those who may want to integrate an intercom system with a security system throughout the house. Room monitors (also known as baby monitors) can also provide two way communication. The room monitor is constantly “on”, so the user does not need to activate anything physically to alert a caregiver. These systems are widely available at department stores such as Target or WalMart. Some even have video monitoring.

Emergencies Outside the Home

There are many commercial telephones that allow direct dialing of 911 by touching one button on the phone, but that may be difficult for some seniors and disabled persons. For all telephone needs, caregivers should be aware of the California Telephone Access Program (CTAP), available through the local telephone company. This program will evaluate needs and provide adapted telephones for free. There is an Ameriphone remote control speaker phone available to those who qualify. To contact CTAP, call 1-800-806-1191, or visit their website at www.ddtp.org/CTAP/contact_us.

Monitored Response Systems

This type of system connects the user to a live operator, who directs the call. Medical data and other pertinent information can be kept on-file with the operator. To activate the call, the user touches a pendant or pushes a button placed in easy access. Some services will regularly call the customer to checkin. Basic service starts at about \$40.00 per month. Our office recommends Philips Lifeline, www.lifelinesystems.com and www.1800medalert.com to our clients.

Emergency Telephone Dialers

These systems provide a pendant or button which activates a special phone that can dial up to six emergency contact numbers pre-set by the user. This type of system is most helpful for nonverbal seniors and disabled persons. A pre-recorded message with all appropriate information is generated with each call. These systems can cost \$50.00 and up. For more information, visit www.lifewithease.com/safety.html, www.x10.com/security/personal_alert.html, www.dynamic-living.com/searchSite/emergency_phones, or www.ameriphone.com.

Hear Dennis on the Radio

Dennis can be heard every Saturday, on his radio show, **Senior Talk with Dennis Sandoval**. The show will highlight information of importance to seniors and disabled individuals. Recent guests interviewed by Dennis include Sharon Guggisberg, Executive Director of Somerford Place Assisted Living in Redlands and Karen Griffith, who discussed how to find a quality assisting living facility and paying for the care; Judy Williams from Wells Fargo, who discussed the intricacies of reverse mortgages and how they can be used to help finance care in the home; David Frasier, Executive Director of the Inland Caregiver Resource Center, who discussed

caregiver resources and dealing with caregiver burnout and Dr. Tarek Mahdi, M.D., chairman of the Inland Empire Palliative Care Coalition, who discussed with Dennis and Karen how hospice care is being underutilized and what is going on at the Inland Empire Palliative Care Coalition. You can download a copy of these interviews from our website, www.protect-your-wealth.com, or call us for an audio CD of one of more of the shows of interest to you. To make sure you don't miss any of these important broadcasts, make sure you tune in to KTIE, AM 590, every Saturday at 2:30 p.m. to hear Dennis on **Senior Talk with Dennis Sandoval**



2008 / 2009 Consumer Seminars

Call 951-787-7711 to make reservations – Seating is limited!!!!

Topic	Date	Location
Life Care Planning: Planning for Your Long Term Care Needs	September 24, 2008 7 – 9 p.m.	Our Classroom*
Life Care Planning: Planning for Your Long Term Care Needs	September 27, 2008 9 – 11 a.m.	Our Classroom*
Life Care Planning: Planning for Your Long Term Care Needs	October 22, 2008 7 – 9 p.m.	Our Classroom*
Life Care Planning: Planning for Your Long Term Care Needs	October 25, 2008 9 – 11 a.m.	Our Classroom*
Life Care Planning: Planning for Your Long Term Care Needs	November 5, 2008 7 – 9 p.m.	Our Classroom*
Life Care Planning: Planning for Your Long Term Care Needs	November 8, 2008 9 – 11 a.m.	Our Classroom*
Life Care Planning: Planning for Your Long Term Care Needs	December 3, 2008 7 – 9 p.m.	Our Classroom*
Life Care Planning: Planning for Your Long Term Care Needs	December 6, 2008 9 – 11 a.m.	Our Classroom*

Call our office for the dates and times of our private Legacy Wealth Estate Planning dinner seminars at The Victoria Club in Riverside. These private seminars are by invitation only.

** Unless attendance requires a larger classroom or is scheduled elsewhere, all classes will be conducted in our law firm classroom, located at 3233 Arlington Avenue Ste. 105 Riverside, California 92506 (on the corner of Division Street and Arlington (opposite Cold Stone Creamery on Division Street -- near Target Store and across the street from California School for the Deaf)). (Maximum attendance in the law firm classroom is twelve to fifteen persons)*

† The reference to an existing estate plan is a reference to existing estate plan drafted by a law firm other than Dennis M. Sandoval, A Professional Law Corporation

Interested in having Dennis Sandoval or Pamela Valencia conduct a seminar for your church, employee group or other organization? We would be glad to accommodate most requests. Call 951-787-7711 now to inquire about availability of a speaker.