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To: Kester, Tonykester@aging.sc.gov  
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Subject: 7 tips for traveling with bladder issues; Dementia tips from a grandson

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## THE CAREGIVERS' NEWSLETTER

*The Caregivers' Choice:  
Top 10 Articles and Questions for November 2016*

### News And Articles

#### 5 Dementia Tips from a Grandson

Younger generations are surprisingly insightful and adaptive when it comes to handling forgetfulness and dementia-related behaviors. See what techniques this teenager uses to continue spending quality time with his grandmother. [Read More »](#)

#### What's the Difference Between Skilled Nursing and a Nursing Home?

The elder care industry has its own lingo for different types of care, and this can be confusing for the rest of us. Learn the differences between these two commonly confused facilities to ensure you make the right decision. [Read More »](#)

#### 5 Things to Know about Your Thyroid

This endocrine gland plays a key role in regulating your energy levels, weight and moods. Could this tiny organ be the culprit behind your fatigue, thinning hair or weight gain? [Read More »](#)

#### Veterans Pension Helps Pay for Long-Term Care and Home Care

Learn how VA Aid and Attendance and Housebound pensions cover the costs of long-term care services both at home and in residential facilities for veterans and their surviving spouses. [Read More »](#)

#### 7 Tips for Traveling with Bladder Issues

Vacation and holiday plans can run into any number of speedbumps, but incontinence doesn't have to be one of them. Use these pointers to prevent embarrassing situations and ensure that getting there is just as enjoyable as the destination itself. [Read More »](#)

#### ⚠️ Reminder: Medicare Open Enrollment ends in one week!

Are you thinking about making changes to your health and/or drug plan? See what options can improve your coverage and reduce out-of-pocket costs, but be sure to act by December 7! [Read More »](#)

### Remarkable Remembrances

An unforgettable memorial service requires a plan. Make your service one to remember.

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## Questions and Discussions From Caregivers

**Q: How can I protect my assets if I am admitted for long-term care?**

I want to safeguard my home and other assets in the event I am admitted and then put on Medicaid.

**Q: Should we continue to pay off mom's credit card debt?**

Should we continue to pay out of pocket, or wait until the estate funds are released and the executorship is established?

**Q: Has anyone else noticed that siblings who don't help with caregiving seem to be the most concerned about inheritance?**

They have very strong feelings about not helping/visiting, yet paradoxically, they have very strong feelings about the inheritance.

**Q: Does durable POA allow me to move Mom from assisted living?**

I know my mom will be better cared for in my home and won't be alone as much. But one of the administrators called the state in because they don't want me to move her.

**Q: Is it legal and ethical to dip into Mom's savings before she's deceased?**

Mom is living in assisted care due to dementia. I have siblings who could use the money and are requesting distributions from her trust.

### The "Get Help if You Fall" Medical Alert System

Finally, peace of mind with Medical Guardian. Don't wait for an emergency, call today (800) 951-7993. Operators available 24/7.

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## Products And Services From Our Partners

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Don't wait for an emergency! Medical Guardian is the Trusted Medical Alert System. Make the decision that provides confidence, security and safety.

### Get your FREE Funeral Planning Guide

A final tribute should be as unique as the individual. Make your service one to remember.

### Get Pricing on Senior Housing Options

Learn about the different types of senior housing with current market information on services and costs.

### Find Out if You Qualify for Help Paying for Care

A life insurance policy can be converted into a long-term care benefit account to pay for the cost of senior care directly each month.

### What You Should Know About Hospice

VITAS hospice helps manage care transitions from hospital to home. 100% covered by Medicare, Medicaid and most insurance.

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Learn how to find, use and manage VA benefits for veterans and their family caregivers, dependents and survivors.

### [Get Your Free Home Care Guide Now](#)

This resource will guide you through creating the ideal in-home care arrangement for your loved one.

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