



The Big Three: Healthcare, Care Coordination, and Caregiving

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www.MeAndMyCaregivers.com www.TheSeniorsGuide.com www.NationalCaregivingInstitute.org

Healthcare, care coordination, and caregiving are all comprised of a myriad of distinct services---and challenges. Increasing longevity means that at some point in our adult years, most of us will face these challenges.

Here are some facts that influence care and caregiving:

- By the time adults reach age 65, they are frequently dealing with at least one chronic illness.
- By the time seniors are 75, they often must deal with two chronic illnesses.
- The 85+ age group is the fastest growing segment of our population.
- Better preparation before treatment can make treatment more effective. More attention to rehabilitation and post-hospitalization follow up can raise the success of the surgery, and reduce time in the hospital.
- Care coordination helps ensure a patient's needs and preferences for care are understood, and that those needs and preferences are shared between providers, patients, and families as a patient moves from one healthcare setting to another. Care among many different providers must be well-coordinated to avoid waste, or misuse of prescribed medications, and conflicting plans of care.
- Good health records improve the information available to physicians, improving decisions, reducing errors, and reducing costs. Without a complete record it is easy for caregivers to overlook important facts that are relevant to their current condition.
- A complete record is indispensable to risk management, prevention, and disease management.

It turns out that care coordination helps both the care-receiver and the caregiver. When patients and their family caregivers understand their doctors' recommendations, coordinate medical and non-medical home care, and plan for the progression of aging or illness, there can be significant reductions in hospitalizations and institutional transfers, as well as improved quality of life. These are some of the primary reasons that MeAndMyCaregivers.com was created.

We make caregiving easier. Through our **HIPAA compliant** website, we provide an organizer and communications hub for everyone on the caregiving team by organizing, storing, and sharing essential daily personal and health information. Our website connects everyone on the caregiving team (care-receiver/patient, healthcare professionals, family, friends, and community helpers), 24/7, for the best possible care and quality-of-life for both the care-receiver AND caregiver.

With Me & My Caregivers, everyone on the Care Team works together more effectively, increasing the awareness for family care, avoiding errors and duplication of effort, reducing the chances of missing important appointments while enhancing the care-receiver's quality of life.

Unlike other social networking sites out there, ours is designed specifically to help providers and caregivers support and motivate patients and their families in making good health choices and managing their own health. We know that care-receivers and caregivers need practical, reliable, and affordable caregiving solutions for a successful outcome. Information is fundamental to delivering value in care delivery.

The Me & My Caregivers organizer helps care-receivers and their caregivers in:

- Planning treatment strategies
- Monitoring outcomes and resource use
- Coordinating visits with healthcare professionals, including sub-specialists
- Organizing care to avoid duplication of diagnostic tests and services
- Sharing information among health care professionals, other personnel and family
- Facilitating access to services
- Planning hospital discharges
- Communicating with caregivers and family
- Ongoing reassessment and refinement of a care plan

You may have already incorporated some or all of these suggestions into your caregiving routine. If not, get started at www.MeAndMyCaregivers.com. **We are transforming caregiving by creating synergies for better care.**

About the Author and Me and My Caregivers

Me & My Caregivers, Inc. - www.meandmycaregivers.com was founded by Rebecca Sharp Colmer as a result of:

- *Being a writer and publisher of The Senior's Guide series of books.*
- *Years of working with Seniors in a help-capacity role.*
- *Long distance family caregiver for her parents and in-laws.*
- *Seeing the frustrations of many people in the role of caregiver.*

Rebecca realized there are two universal needs of all caregivers: more help and better communications between all interested parties.

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