

## DIAMOND GERIATRICS INC.

*Who is behind  
Diamond Geriatrics?*

Peter Silin, MSW, RSW, the Principal of Diamond Geriatrics, Inc. has worked professionally in the field of aging since 1980. He has lectured and given seminars and courses in British Columbia and the U.S. He has been a national eldercare consultant and worked with the Canadian Government. He is a member of the National Association of Professional Geriatric Care Managers, and a founding member of the Canadian Association of Geriatric Care Managers. Mr. Silin's book, "*Nursing Homes: The Family's Journey*", was published by Johns Hopkins University Press. It has been acclaimed and used internationally in Australia, Asia, The United Kingdom, and all over North America.

Diamond Geriatrics, Inc. uses an array of highly qualified associate professionals from the fields of Occupational and Physiotherapy, Geriatric Medicine and Psychiatry, Nursing, Pharmacy and Elderlaw to make sure you and yours receive the highest quality of care.

*What is your concern...  
About someone you love?  
About yourself?*

- ❖ Aging parents or spouse
- ❖ Dementia or decline
- ❖ Aging alone
- ❖ Long term care
- ❖ Staying at home or moving to Seniors Housing
- ❖ Family support, counselling or mediation
- ❖ Planning for future care needs
- ❖ Out of town caregivers
- ❖ Caregiver stress
- ❖ Medication management, home support, appointments, or falls
- ❖ Finances, Powers of attorney, living wills
- ❖ End of life issues

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www.diamondgeriatrics.com  
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## DIAMOND GERIATRICS INC.



### Eldercare:

*Counselling  
Consulting  
Care Management*



*Professional  
and  
Compassionate Care  
since 1996*

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## Care Management

Geriatric Care Managers are professionals who assist families, caregivers, and older people in finding solutions to the practical and emotional problems that arise during the course of caregiving and aging.

“A care manager may offer something money can’t buy. By lightening the burden of having to unravel the perplexing web of eldercare services on their own, families will be able to make the most of those last years with their aging relatives. (Business Week, July 12, 2004)”



Diamond Geriatrics will give you the knowledge and skills that you need to obtain the best possible care and support for yourself or a loved one.

## Helping Seniors and Families with:

- ❖ Guidance around issues of aging and caregiving
- ❖ Maintaining someone in their own home
- ❖ Finding seniors housing or nursing homes
- ❖ Moving, settling in, and monitoring
- ❖ Negotiating the Long Term Care system
- ❖ Planning for the future
- ❖ Effective advocacy
- ❖ Information on finances, living wills, powers of attorney
- ❖ Appointments, home support, medication management, falls
- ❖ Family meetings, mediation and counselling
- ❖ Direct assistance, discussion, or counselling for an older person
- ❖ Relief from anxiety and burnout

“One meeting may be all it takes for the care manager to provide you with the guidance, information, and support you need.”



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## What can a Diamond Geriatrics Care Manager do?

Care Managers are like a member of your family. We are there for the long distance caregiver, the older person with no family, the older couple with no children, the sandwich generation, sisters, brothers, and spouses

### 1. Assessment

An initial assessment discusses your concerns. We may review general functioning, physical health, medications, finances, housing, emotional concerns, and social or recreational issues. We can discuss caregiver issues such as burnout, stress, guilt, loss, family relationships, and time management. The assessment examines what the problems are, what is causing them, and suggests solutions.

### 2. Planning

The assessment helps you sort out the issues and develop a road map for what to do, what to expect, and to whom you should talk. We can help you develop a concrete plan of action for solving problems. Plans may focus on the caregiver, the older person, the system, or resources needed. They may include counselling, support, and mediation.

### 3. Action

We can help you put a plan into action and monitor how it is working if, for instance, you are an out of town caregiver or have competing work or family responsibilities. Whatever you choose, we will consult with you and keep in as close contact as you wish.