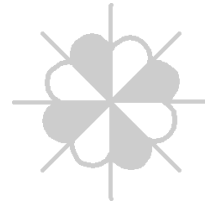


Maureen Osis Publications



The following articles are available to ElderWise Members.

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When Aging Parents are Ill: Part I

You CAN Prepare for a Visit to the Emergency Department

Frail seniors are likely to go to a hospital emergency department because of falls or serious acute health problems such as stroke. In most emergency departments, 50% of the patients will be over the age of 65. You may be the first family member called when a parent is taken to hospital. There are some things that you and your parents can do to be prepared for the visit to the emergency department. [more](#)

When Parents are Ill: Part II

Who's who on the healthcare team?

Compared to the younger population, seniors are more likely to use the health care system, including visits to the doctor's office, medical clinics, the emergency room, and hospitals. Many seniors also require home care provided by the local public health services. During each of these encounters, the senior and family members will meet a variety of health care professionals. It can be very confusing to figure out who is the best person to ask about problems or concerns. [more](#)

When Aging Parents Are Ill: Part III

Where to get help if your parent has a mental illness

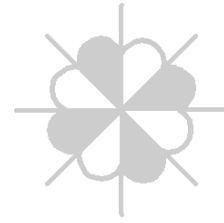
Mental health problems can occur at any age and any stage of life. Some individuals have chronic mental health problems that they must manage during their life time. Other people develop mental illness in later life. The most common problems are depression and anxiety. [more](#)

Responding to the Crisis Call

What can you do when you get the call that your parent has a health or medical crisis? You are likely to feel the pull of trying to be in two places at the same time. The best advice that I can offer is this: try to recruit help, both personal and professional, to assist you at this time.

What kind of help is available? [more](#)

Maureen Osis Publications



Caregiving From a Distance

When I speak to audiences, I am often asked "What can we do when our parents live so far away?"

Living at a distance does present several challenges. When you visit your parents for short periods, probably at special occasions, you may not be aware of how they are managing their day-to-day lives. Can they still do the everyday household chores? What about seasonal demands of yard work, snow removal, and regular upkeep? With increasing age and frailty, are they living safely, particularly if still in their home? And when the crisis occurs, how can you manage the demands of your own work and family life, and still travel to help your parents? Read this article for some suggestions to consider when your parents are still managing well. [more](#)

Learning...In the Company of Seniors

Actress Bette Davis said, "Old age ain't for sissies" and I have to agree with her. Older adults have survived many personal losses and witnessed major changes in society at large. They watch their bodies change, and they adapt to chronic health problems that develop over their lifetimes. And through all of that they must find ways to deal with a youth-oriented culture all around them - a culture that might make them feel obsolete, although they still have many gifts to give and a life that is still in progress. [more](#)

Senior Women in Intensive Care Units

A recent Canadian study highlights a startling and dangerous gender bias regarding patient treatment in the Intensive Care Unit (ICU).

Among the findings:

- Women are 1.2 times more likely to die while in the ICU than men.
- Women are less likely to receive the full range of available treatments while in the ICU.
- The older the patient, the greater the differences in treatment between men and women.

Why is this happening? [more](#)

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