

# CARE CONSULTATION – ATLANTA REGION

## Personalized Care Advice and Quality Information

### What is Care Consultation?

Care Consultation is a telephone-based information and support service for adults with health challenges and their family or friend caregivers. Care Consultation provides ongoing help to find practical solutions to concerns about health and care. You don't have to leave your home to use Care Consultation. All communication is done by phone.

### Who participates in Care Consultation?

Care Consultation serves individuals with memory impairment and their caregivers who assist them with their daily activities, tasks or health-related disabilities.

Care Consultation is sponsored by the Atlanta Regional Commission, Area Agency on Aging; the Rosalynn Carter Institute for Caregiving; the Benjamin Rose Institute and the United States Administration on Aging.

### Proven Impact

Care Consultation is an award-winning, evidence-based program, resulting in:

- Improved care
- Less stress
- Fewer visits to emergency room or hospital
- Delayed Nursing Home Placement

### Talk to a Care Consultant about:

- Personal and household care
- Medicare, Medicaid and other insurance
- Home safety
- Legal and financial issues
- Family communications
- Medication use
- Balancing caregiving with other responsibilities
- Planning for future care
- Other care-related concerns

*"I was struggling with my work schedule and caring for my Mom at the same time. The Care Consultant worked with my family to come up with a solution. Now my family is helping more, and I don't feel stressed out."*

Family Caregiver



### Types of Assistance

#### Awareness and Use of community services

- Determine services you need, how to get and use them and what to expect
- Improve communication with doctors and other services providers

#### Healthcare-Related Information

- Get tips on where to look for information on diseases, caregiving and more
- Receive helpful information by mail or e-mail

#### Family and Friend Involvement

- Strengthen support from family and friends
- Involve family and friends who do not currently help but are willing to assist.

#### Coaching and Support

- Use practical solutions to address concerns about care
- Receive follow-up calls to ensure recommended tasks have been helpful

**To find out more about  
Care Consultation please call  
404-463-3215**