

# Senior Care Advocate Recommends Earlier Discussions on Senior Care for a Loved One

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A to Z Gerontology Owner Dorothy Guajardo has issued a recommendation to people who have an elderly loved one to have earlier conversations in their family about what they need to do when the senior member of the family can no longer live on their own. A to Z Gerontology can help families solve the challenges that they face in providing the necessary care for their aging loved ones. They can also help in the search for [senior care in Sonoma County](#) through their various services, such as their Personalized Care Management Services.

Dorothy Guajardo herself says, “How do we care for our beloved elders? It can be difficult to know when a senior can no longer live on their own. As children and loved ones of aging adults we are not always prepared for what aging can bring. Issues can occur quickly and therefore important decisions must be made quickly. I want to make these decisions as painless for you as possible. Let me educate and support you on your choices in senior care in Sonoma and Marin counties. I want to be a part of your solution and concentrate on you, your loved one and your unique situation. And please note that my placement services are free of charge.”

Dorothy Guajardo has a mission with A to Z Gerontology and that is to be an advocate and elder care advisor to families as they try to navigate the world of senior care services that often appears so confusing and frustrating to many people. She recalls that she started to become interested in becoming an elder care specialist when she had to function as the primary caregiver for her mother who had suffered from congestive heart failure for many years. She cared for her mother until she passed away on hospice in 2005.

She has first hand experience in the difficulties of looking for home care or hospice care and this inspired her to obtain a degree in Gerontology because she realized there is a real need for people with expertise in the needs of the elderly. She completed her graduate degree in Gerontology at the San Francisco State University. Right after graduation, she joined the senior care industry to gain experience on how to find the best care for the elderly. She also worked for the Northern California branch of the Alzheimer’s Association and through this position she was able to establish connections with home care agencies, support groups for families, day programs, hospice, and people suffering from dementia and Alzheimer’s.

Through her Personalized Care Management Services, Dorothy Guajardo offers various kinds of assistance to families in getting the best care for their elderly depending on the family’s situation. This will require a number of steps. The first step is for her to meet with the family in person to discuss the elderly loved one’s life and current requirements. She will then assess the loved one to determine the best next step.

The second step will be for Dorothy to provide the family with a comprehensive list of their best alternatives. She will accompany the family when they tour the communities or meet with hospice services or home care agencies. In step three, if the family decides to move their loved one into a

community, she will assist them in collating the necessary medical information and in filling out the documents needed for admittance. She will also assist the family in the moving process.

She also assists with the move in or intervenes in situations that are not going as planned. In case things have not been going as the family had hoped, she will talk to the care center to determine what can be done in order to meet the family's expectations. If the family decides to look for a different kind of care, she will interview home care agencies and day care programs to help the family make the proper choice.

Those who are interested in the senior care placement services offered by A to Z Gerontology can visit their website or contact them through the telephone or via email. People may also want to stay updated about A to Z Gerontology by following their Facebook page at <https://www.facebook.com/atozgerontology/>.

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