

P*L*A*N

Please-Look-at- Now!

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Happy older Americans month! Successful aging takes some planning. April was National Health Care Decision reminder week. It is so important to be prepared and plan an emergency or illness. A health care proxy, medical treatment wishes, a will or other care arrangements, can be made easier with planning. It can be a difficult subject to discuss. When things are going well, this is the time to plan. NY Connects can help. In an emergency, things are chaotic and stressful. It is best to P*L*A*N (please look at now).

A health care proxy is a document that allows an individual that you choose to make certain health care decisions for you if you are unable to speak for yourself. You should select a person you trust. It is best to review this regularly with the person chosen and let them have a copy or know where the document is kept. Your doctor should also have a copy on file. The New York State Department of Health notes that everyone over the age of 18 needs to appoint a health care agent. NY Connects can send you a health proxy form so that you can document that person you have chosen. This can help you be prepared in case of an emergency. You can give a copy of your proxy to your doctors, your closest hospital and keep the information in an “important medical papers” file on your refrigerator.

Other areas you can start to look at are: your home and safety in the home, personal safety measure like a personal emergency alarm system; services that can assist you like health insurance information and counseling, saving you money with Medicare programs; staying engaged and an active part of your community, volunteering or work opportunities; transportation, needs; nutrition information and services for meals; services that can assist you in your home and personal care needs, as well as health and wellness programs. Your plan should be to evaluate what you have, what you may need, find resources that can help and what you need to do to get help. NY Connects can help you with this.

People can get information and assistance with referrals to many community agencies and programs designed to help people remain at home and offer support in their communities. We encourage people of all ages, caregivers, family or individuals looking to plan to call us. NY Connects service can help you! This service is confidential and free. NY Connects can assist you even further by making referrals directly to several programs even while you are on the phone line saving you time and additional phone calls.

You can access Chautauqua County New York Connects in many ways to fit your needs. E-mail: ccnyc@co.chautauqua.ny.us, Phone: Mayville 753-4582, Dunkirk 363-4582 or Jamestown 661-7582. Fax # is 753-4477. You can even come to our main office location at 7 North Erie St, Mayville, New York. NY Connects is brought to you by a partnership with Chautauqua County Office for the Aging and the Chautauqua County department of Health and Human Services.