

Cheryl A. Kuba

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Cheryl Kuba is an expert in the area of elder care.

For sample interview questions, please contact Cheryl Kuba.

Interview Topics

Driving -Convincing an Elderly Parent to Stop Driving

- Interventions – Taking away the keys when it is a life or death situation
- Starting the conversation about no longer driving
- What can be done right now to improve an elder's driving skills?
- My dad taught Nancy Reagan to drive when she lived in Lake Forest, IL and he owned Safeway Driving School in the 1950s.

Important stats:

- Drivers ages 65 and older have higher crash-death rates per mile driven than all groups except teen drivers (IIHS 2003).
- Rates for motor vehicle-related injury are twice as high for older men than older women (Stevens 1999).
- Older drivers greatly reduced their risk of being involved in a fatal car crash when they were accompanied by at least one passenger in the car. Female drivers 65+ risk reduced by 12%. Male drivers 85+ risk reduced by 24%.

Relocation and Downsizing -Your Elderly Parent has to Move

-Working through resistance if your parent refuses to move

-Moving to a long term care facility

- Starting the conversation with your elderly parent
- Getting the best services regarding recovery, rehab and relocation
- Making the transition a pleasant experience

-Moving in with you.

- Setting boundaries regarding privacy
- Preparing the rest of the family
- The new financial responsibilities
- Bringing in additional care

(continued)

Gerontologist

Author

Speaker

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Alzheimer's disease

- How some Alzheimer's individuals choose to change their lives after diagnosis
- Keeping your parent as functional as possible
- Knowing what to look for
- Educating the rest of your family

Important stats:

- In the US 4.5 million people have been diagnosed with Alzheimer's disease (NIA)
- It is estimated that 14 million people will have Alzheimer's disease by 2050.
- The average lifetime cost per person for patients with AD is approximately \$174,000 (NIA)

When Families Collide – How estranged families cope with the caregiving issues.

- Elders at risk because of dysfunctional family members
- When an elderly parent becomes violent
- Financial dishonesty
- Interventions to get outside help

Important stats:

- Ninety percent of elder abuse is inflicted by a family member.
- More than 550,00 persons aged 60+ experienced abuse, neglect or self-neglect in a one-year period.