

Senior care relieves squeeze on Sandwich Generation

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On a recent day, **Debra Schuster** juggled extra work on the job because an assistant was out taking care of a parent with dementia.

She spent her lunch hour with her own mother, who is 74 and also has dementia, then took time to discuss her care with her doctor, returned to work and before long was home cooking dinner for her teenage son. Evenings often find her managing her mothers finances or helping her son with college applications.

Schuster, an elder and disability law attorney with her own practice, is a member of the so-called Sandwich Generation, an estimated 20 million Americans who are caring for an aging parent while supporting their own children. Though her mother lives at Parc Provence, an upscale facility in Creve Coeur for people with Alzheimers and other forms of dementia, Schuster still has many responsibilities.

Its very difficult and exhausting, said Schuster, 49.

But an increasing number of programs and facilities for the elderly and those with Alzheimers and other forms of dementia are helping lighten the load of people like her. There are more than 4,600 adult day services centers across the U.S. a 35 percent increase since 2002, according to a study released this year by the MetLife Mature Market Institute.

Many are seeing higher enrollment and are expanding. Among them is Young in Spirit Adult Day Center, which leases space in Forest Park Hospital. The center, which can handle up to 40 participants a day, will double its space with a second facility expected to open by the end of the month on the Jefferson Campus of St. Alexius Hospital. The new facility also will serve 40.

We try to offer as many services as possible so caregivers dont have to leave work or interrupt their day, said **Laura Bone**, who co-owns Young in Spirit with Peter Nicolazzi. Offerings include door-to-door transportation, breakfast, lunch, an afternoon snack, personal care such as showers and shaving, administering medications, exercise classes, special events such as holiday parties, and therapy sessions focusing on art, pets or music.

The daily rate for Young in Spirit is \$80, though a sliding scale is available, Bone said.

At the Jewish Community Center, expansion also is evident. Its Adult Day Center earlier this year moved into the Arts & Education Building of the new Staenberg Family Complex and is now licensed to handle 50 participants, up from 40.

The JCCs Adult Day Center, which welcomes people of all religious beliefs, is near the complexes Fitness & Wellness Building and Early Childhood Center, so having a personal trainer or enjoying intergenerational therapy are facilitated, said **Susan Kaplansky**, director of adult programs and services. Rates are generally \$75 a day, depending on the level of care needed, she said.

Caregiving costs individuals hundreds of thousands of dollars over a lifetime in lost wages and lost Social Security and pension contributions because of taking time off, leaving jobs entirely or missing out on promotions and plum assignments, according to MetLife.

And caring for a family member with Alzheimers can be especially demanding. But organizations such as **Memory Care Home Solutions** in Richmond Heights offer services to make things easier.

Founded in 2002 by **Lisa Baron**, the not-for-profit organization sends a social worker into the homes of families caring for a loved one with memory loss, dementia or Alzheimers. The social worker assists with everything from making the home safer for the person with memory loss to finding adult day care and helping apply for Medicaid, Baron said. The organization follows up with the family every three months for a year.

Memory Care Home Solutions also offers free workshops, sometimes at corporations, and its efforts are paying off. Its outcomes, tracked by Washington University, have shown services result in higher confidence and less burnout for caregivers, as well as fewer doctor visits and 911 calls, Baron said, adding that **Memory Care Home Solutions** has grown from serving about 200 a year a couple of years ago to more than 2,000. Fees are on a sliding scale, though the majority of families pay nothing, Baron said.

Meanwhile, residences for persons with Alzheimers and other forms of dementia also are growing, with the number of Americans 65 and older having Alzheimers expected to nearly triple to 13.5 million by midcentury, according to the Alzheimers Association.

Dolan Dementia Care Centers expects to break ground this month on Les Maisons at Schuetz and Tennant roads in Maryland Heights. The complex of four, 10-bed assisted-living homes will nearly double the capacity of the care centers, which now include five other facilities in the Creve Coeur corridor. Rates are \$205 a day, said **Tim Dolan**, owner of Dolan Dementia Care Centers.

The price tag for Les Maisons, which will be completed in 2012, is about \$5 million, Dolan said.

Cedarhurst is planning a new facility in Edwardsville with 48 memory-care apartments on Marine Road. The \$6.3 million facility, including four pods with 12 units each, will be approximately 32,000 square feet, said **Joshua Jennings**, owner of Metro Asset Group, the developer.

Cedarhurst also has an assisted-living facility with 68 apartments in Collinsville. Cedarhurst of Shiloh, which will offer 56 assisted-living and 31 memory-care apartments, is expected to open in March. Construction of Cedarhurst of Steeleville in Randolph County, offering 42 assisted-living and 16 memory-care apartments, is to begin in mid-2011, Jennings said.

Parc Provence is part of the Gatesworth community of residences owned by **Charles Deutsch**, **David A. Smith** and **Bob Leonard**. Rates at Parc Provence range from \$210 to \$345 a day, depending on room size and level of care, said Marketing Director **Karen Tjaden**. The facility is near its capacity of 130, she said.