



## Caregiving From A Distance

*Contributed by Sherri Holder*

A major challenge for baby boomers today is providing care needs for their elderly parents from afar. Whether the distance is 1-hour, multiple states, or even another country, concerned children often make it a practice to check in daily via telephone. While this provides some peace of mind that mom and dad are fine, it can also provide a clever disguise for subtle, yet important changes in physical and mental health that is only revealed during annual trips for the holidays or vacation.

So, how do you go about meeting this challenge in a practical way?

For starters, recognize that feelings of guilt that you should have realized these changes earlier or aren't doing enough are normal. Allow yourself time to

**CONSIDER YOUR LOVED ONE'S  
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process these emotions and let them go. By accepting the guilt that will likely present itself no matter how much you are currently doing will enable you to put your strengths to work as a long distance caregiver.

And while we are talking about feelings, consider your loved one's emotional state before you make any decisions or major steps for their benefit. Keep in mind the fear of losing independence or becoming a burden is common among aging adults. Reacting too quickly to a worrisome situation may make them feel unsafe or insecure, so you will want to weigh carefully their wishes against any potential risks. Of course, this requires knowing their wishes. Open communication early on will make future transitions much easier for everyone involved.

Ask permission to follow-up with physicians, local

caregivers, and other professionals. Bear in mind this will require the proper legal documentation be in place in advance. By asking permission you are empowering your loved one with a sense of control and opening a line of communication for estate and long term care planning.

Education is paramount to effectively plan for a secure financial future and long term care needs. Consider attending an Elder Law workshop in the state where your loved one resides to get state specific legal advice or contact an Elder Law attorney for a consultation.

Finally, when visits aren't feasible staying in touch through phone calls remains important, but consider adding other forms of contact like a letter, text messages, videos and pictures. Then try to find a support person—a sibling, friend or neighbor—who can keep you up to date on any apparent changes in behavior or health.

Far too often we see families put off or forego care completely because they do not understand the planning strategies that are available to them. They are paralyzed by the stress and misconceptions surrounding asset protection planning. But, planning early, rather than waiting until the last minute, will often yield better results and peace of mind. A thorough plan typically allows for your loved one to stay at home longer, eases the minds of family afar, preserves a nest egg to ensure quality of care, and provides a needed break for the local family caregivers, like a well spouse, child, or friend.

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## SPREADING CHRISTMAS CHEER

For our 2017 Christmas festivities, the PWW team was sent on a highly anticipated scavenger hunt throughout Lewes. The day was spent scrambling through our list and laughing all the way (ha ha ha!). The hunt ended at Lefty's with a toast, indulgent lunch, and non-competitive game on the lanes.



## SOMETHING OLD, SOMETHING NEW



Congratulations are in order once again! Greg Brooke surprised Maria Mulrine with an engagement ring that is both old and new. The diamond is centuries old and has been passed down through her family throughout the generations. We wish them a lifetime of celebrating old and new traditions.

## BELLA'S BRIEF

*The Office from a Dog's Perspective*

I thought "Ring in the New Year" was just an idiom but our office took it very literally last year. Three engagements sealed with a circle of silver and gold. Kinda makes ya wonder what this year is going to bring. They say you can speak something into existence so I'm going to encourage you not to say, "good things come in small packages" around this bunch or we could end up needing to add a day care on the third floor. Can you imagine the cookies we'd go through? "The more the merrier." No, no, no...what am I saying? If the predictions are correct we are going to get a lot of snow this year. Stay warm, but not too warm!



xxo Bella 

## TIME OUT — ATTORNEY PROFILE

*Leslie Case DiPietro, Esquire*

### OFF THE CLOCK:

Leslie's life and work revolve around family. After a medical crisis struck her family in 2013, she made a commitment to expand her practice to include elder law so



that she could help other families navigate the legal issues faced when a loved one requires long term care. Since making that decision, she has twice been named one of Delaware Today's Top Elder Law Attorneys. She joined our team in 2016.

Leslie and her husband, Tony, are the proud parents of two fun-loving little boys, A.J. and Nathan (ages 7 and 3). If you want to catch her outside of the office, you can find her cheering for her boys at their baseball/soccer games, chasing them through the Salisbury Zoo, helping out at church or catching up with family and friends at one of our beautiful beaches or parks.

While she's proud to come from a long line of Sussex and Kent County Delawareans, Leslie lived much of her childhood in Harford County, Maryland. A College Park grad, she is a Terp fan through and through. She enjoys spending time with her in-laws, who reside on the Lower Shore of Maryland. Leslie is thrilled to extend our commitment to helping clients care for their families to Maryland.

## UPCOMING EVENTS

*What is on our Calendar?*

**January 8** — Elder Law Workshop; 5:30 - 7:00 pm, Webinar

**January 16** — Elder Law Workshop; 10:30 am - 12:00 pm,  
Town of Denton

**January 23** — Elder Law Workshop; 11:00 am - 12:30 pm,  
St. John's United Methodist Church in Seaford

**February 12** — Wor-Wic Community College  
Elder Law Course Available; 6:00 - 7:30 pm  
Mondays through March 12

**February 28** — Osher Lifelong Learning Institute  
Elder Law Course Available; 9:00 - 10:30 am  
Wednesdays through March 28  
Lewes, Delaware

*For more information, visit [www.pnwlaw.com](http://www.pnwlaw.com).*

## LEGAL MUMBO JUMBO

*Legal Language in Layman's Terms*

### GRANTOR

The person who creates a trust. They also decide what assets to put in the trust and who the beneficiaries will be. A grantor may also be referred to as a trustor or a settlor.

### *A note from the attorneys...*

We always anticipate the new year with great excitement but this year we are especially happy because our third location in Berlin, Maryland will open February 1st! Early in the year we also expect to launch a fresh new website and unveil a family care program for our existing and future clients. We look forward to serving you in 2018. Happy New Year!

*Michele, Owen & Leslie*





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& WOODLAND, llc**

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Seaford, Delaware 19973



*Planning today to protect your family's tomorrow.*



## OFF THE CLOCK

We would like to thank our featured referrer of the month:



BEEBE HEALTHCARE

424 Savannah Road  
Lewes, Delaware 19958  
302-645-3300

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