

Adult Protective Services aid elderly who live alone

Q. I have an elderly neighbor that I am very concerned about and don't know how to help. He lives alone with four dogs and I am concerned that he is not able to take care of himself. He seems confused, will not open the door to me or any other of the neighbors and I just learned that his telephone has been disconnected for lack of payment. How can I help him? I don't believe he has any relatives in the area.

A. The Adult Protective Services, a program of the Michigan Department of Social Services, will assist anyone 18 years or older who requires protection from abuse, neglect, exploitation or endangerment and who is unable to help himself. Characteristically those needing adult protective services are aged individuals living alone that are withdrawn, somewhat confused and seemingly not able to provide their own care and are without relatives or friends willing and able to give the needed assistance.

A variety of services can be provided once the individual has been identified to Adult Protective Services. They are geared to respond to the array of problems of those adults in need of help. The agency will investigate and arrange for such services as case management, counseling, social protection, homemaking, housing, financial management, meals and home help. Medical care and payment arrangements can also be provided.

In some instances protective services are requested for those who do not want the assistance. While the person's individual rights must be considered, if the Adult Protective Services worker finds that the individual is at risk of imminent serious harm, the worker may petition the court to make a determination as to the individual's capacity to make a decision. The court petition is filed only as a last resort in providing protective services.

It is the responsibility of the Adult Protective Services worker to investigate reports of alleged abuse, neglect, exploitation, endangerment and the vulnerability of older adults to protect themselves due to a mental or physical impairment or due to the frailties or dependencies brought about by advanced age.

To make a report or get additional information about the Adult Protective Services Program contact your local Department of Social Services office Monday-Friday during normal



on aging
Renee Mahler

business hours.

Q. Do you have any helpful hints on what to bring for a short hospital stay. I have to go in for minor surgery for a few days and it would help if I know what I am supposed to bring. I'm 72 years old and this is the first time I have to be in the hospital.

A. You must be a very healthy person which is most fortunate. Everyone however, regardless of age is concerned about entering a hospital. Being prepared for the stay will certainly make the event less stressful. The National Institute on Aging suggests the following hints for people who are entering the hospital by choice rather than in an emergency situation. The patient's family and friends may find this information useful also.

The National Institute on Aging recommends that you pack as little as possible for your stay, however, be sure to bring a few nightclothes, robe, sturdy slippers, comfortable clothes to wear home, toothbrush, toothpaste, shampoo, comb and brush, deodorant and razor. You should also bring a list of all the medicines you take, prescription and non-prescription, details of any past illnesses, surgeries, allergies, your health insurance card, a list of names and telephone numbers (home and business) of family members to contact in case of emergency, and \$10 or less for newspapers, magazines or any other items you may wish to buy from the hospital gift shop. It is a good idea to put your name on any personal items.

What not to bring is almost as important as what to bring. Leave cash, all jewelry, including wedding rings, credit cards and checkbooks at home or have a family member or friend keep them for you. If you must bring valuables ask if they can be kept in the hospital safe while you are there. Do not bring electric razors, hair dryers or curling irons since they may not be grounded properly and could be unsafe.

While you are a patient in the hos-

pital, the institute offers advice on patient safety. Because you may not be familiar with medical equipment and your medications may make you feel tired or weak, it is good to take a few extra precautions while in the hospital. Use the call bell when you need help. Use the controls to lower the bed before getting in or out. Be careful not to trip over any wires or tubes that may be around your bed. Try to keep the things you need within your reach. It is very important that you take only prescribed medicines. If you have brought your own medications with you tell your doctor or nurse and only take them with your doctor's permission. Combining drugs can have serious ill effects. Be very careful getting in or out of the shower or tub. Use the grab bars for support and use the handrails in the hallways or on the stairways.

Renee Mahler is a gerontologist and the director of communications and admissions at a Rochester Hills nursing facility. Send your questions to her at Observer & Eccentric, 805 East Maple, Birmingham, MI 48009.

Parks budget Fees for non-county residents go up

The Oakland County Parks and Recreation Commission has adopted a \$10.4 million budget for 1991. An estimated \$4.5 million will be generated from fees and charges, with about \$5.9 million generated by the quarter mill tax levy and interest on investments. Of the total budget, nearly \$8.6 million will furnish the operating budget. About \$1.9 million will go for capital development.

Most fees for county residents will remain the same, or increase slightly, while fees for non-residents will increase. Daily park fees, for example, will remain at \$3 per vehicle for residents and increase to \$6 per vehicle for non-residents.

Golfing greens fees for residents will be \$7 on weekdays and \$9 on holidays and weekends for nine holes and \$12 weekdays and \$15 on

holidays and weekends for 18 holes. Non-residents will pay \$9 on weekdays and \$11 on holidays and weekends for nine holes and \$16 on weekdays and \$19 on holidays and weekends for 18 holes.

Senior citizens 62 and older are eligible for discounts on most activities.

Additional information is available at 858-0906.

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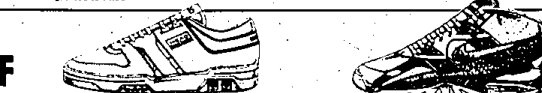
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To fight crime in Philly, people plant posies.

"The bad part of town" Abandoned cars. Sidewalks scattered with crack vials. Bomb-out buildings.

A neighborhood whose spirit is as broken as the bits of glass that dot the street. There are only two things to do if your neighborhood becomes a war zone: give up or take action.

The Philadelphia Story One day, in the "bad part" of Philadelphia, a neighborhood complained to a neighbor. And then to another. And then to more. People didn't like their homes being "taken over." Feelings of helplessness and resentment turned to action.

They went to the police for help. Soon a substation was established where folks could readily report crime. Weekly meetings began. Community watches started. Things started

getting fixed up. Vacant lots were cleaned up and fenced off. Abandoned cars were towed away. Painting and repairing programs began.

The neighborhood was cleaning itself up. The local 4-H Club oven helped set up garden clubs where kids, teens and adults could work together on plants and flowers while talking over ways to raise awareness.

When people care and get involved, neighborhoods change. When a block doesn't look like a haven for crime and drugs, it won't be. And in this part of Philly, where once only apathy grew, seven gardens now bloom.

This is only one success story of many. To find out what can be done in your neighborhood, write: **The McGuffey Files, 12 Prevention Way, Washington, D.C. 20539-0001.** And help...

