



About Us



Our Services

MONTHLY HIGHLIGHTS AUGUST 2022

Avoiding ‘Undue Influence’ When Helping Parents With Estate Plans

Steps family caregivers can take to prevent potential legal battles



Caregivers and care partners should absolutely have a conversation about getting an estate plan completed. It's a necessary and helpful part of the life and death process, and it makes everything easier for both caregiver and patient. But the caregiver who is a future beneficiary of an inheritance needs to be aware of what a court will look at to see if there's "undue influence."

If you're going to assist your parents when they meet with attorneys, tax professionals or financial advisers to discuss their estate plan, there are ways you can avoid the appearance of influence over your parents' decisions.

This will help protect your parents now and may guard you from a future lawsuit. Most important, it will ensure that your parents' wishes are upheld when they pass on.

[Read more for details from AARP...](#)



When should older adults stop driving? It depends.

Many drivers retain their skills later into life, but vision impairments, diminishing reaction speed pose risks

Many older drivers retain their skills later into life, carmakers are equipping cars to make them safer, and roadways are being designed for increased safety. Still, forces are at work on older bodies that put aging drivers — and those around them — at risk.

Aging often brings impairments to vision, including cataracts, macular degeneration and loss of peripheral vision, as well as other physical and cognitive problems. Cataracts can be corrected, but drivers often struggle through a period when reduced vision makes driving difficult — if not dangerous — before cataracts become disabling enough for Medicare, the health insurance of most older Americans, to cover the cost of their removal.

[Read more at Washington Post](#)



Older Relatives Caring for Children

Philadelphia Corporation for Aging ("PCA") provides support for grandparents and other older relatives who care for children.

An increasing number of older Philadelphians are raising younger relatives, and PCA's caregiver support program helps to address the unique challenges facing these kinship caregivers.



What Kind of Help is Available?

- Care Management

- Education and Training
- Financial Assistance
- Benefits Counseling

[Read more for details at PCA...](#)

What Is the 'Skin Pinch' Test? How a Simple Squeeze May Show if You're Dehydrated

In July, temperatures were well above average across most of the U.S.—and August isn't shaping up to be any better. During bouts of extreme heat, staying hydrated is crucial to mental and physical health.

To help you determine if you're getting enough fluids, or if you could stand to have another glass or two of water, a TikTok tip—known as the "skin pinch" test—has resurfaced on the app, and it's getting quite a bit of buzz.

[Read more at Health...](#)

PARTY ON THE PIER AT RIVERS CASINO PHILADELPHIA ON LABOR DAY WEEKEND



Rivers Casino Philadelphia is having a Party on the Pier to celebrate Labor Day on **Sunday, Sept. 4, starting at 6 p.m**

The event will feature live outdoor music by The Ultimate Donna Summer Tribute performed by Rainere Martin, along with food, fun and fireworks, which will end the night at 9 p.m.

This free, kid-friendly event will also include games, face painting, balloon artists and plenty of free parking.

[Read for more details...](#)

Kith Elder Care serves Philadelphia, Montgomery, Delaware, Chester, and Bucks Counties

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