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Medication Management Tips for You and Your Aging Parents

Have you ever heard the saying, “today is the oldest you have ever been and the youngest you will ever be again”? As invincible as we may feel when we are young, aging is inevitable. As we age, our bodies change and we become more vulnerable to various illnesses and injuries.

As a result of this, visits to the doctor may result in prescriptions for multiple medications to help alleviate symptoms and protect against other health conditions. While the medications prescribed are helpful and oftentimes necessary, remembering which medication to take and when can present a challenge for some seniors.

This is why we want to share with you a few tips to help the Older American in your life effectively manage his or her medication.

1. Use a pill box.

This may sound simple, but purchasing a pill box that is labeled with each day of the week can be an effective way to remind your loved one of the medication he or she needs to take on a daily basis. If your loved one has different medication to take in the morning than at night, you may consider buying two different colored boxes, one for the daytime and one for night, to clearly separate the medication and make it easier to identify.

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2. Set daily reminders.

How does your loved one like to receive reminders? Whether it is setting an alarm on his or her cell phone or watch, or placing a sticky note on the bathroom mirror, having a daily reminder (or two!) can help ensure your loved one is taking his or her medication when needed. Once your loved one has taken his or her medication, encourage him or her to write it down in a calendar or designated notebook to help keep track.

3. Consider using a home care aide.

If your loved one requires extra care and is unable to remember to take his or her medication each day, you may consider enlisting the help of a home care aide. This individual can also help your loved one bathe and get to doctor's appointments, as well as perform daily tasks like cooking, cleaning, and grocery shopping. This option may be pricey, however, so be sure to check in with your loved one or his or her agent under the power of attorney regarding finances before committing to this decision.

We know that watching the senior loved one in your life get older can be overwhelming. If your loved one is still struggling to manage their medication or is in need of extra care, do not hesitate to contact our office for further advice. Your loved one's safety and health are important to us.

How You May Protect Your College Student in a New Semester with Estate Planning

Turning eighteen and going to college is an exciting time for your student. It is also a time of transition for both you and your child. At this age, the law now recognizes your child as an adult. As a result, you may no longer have access to things like his or her bank account, medical records, or college grades.

Accessing this information is just one of the ways that estate planning can prove useful. Creating a few planning documents before your child leaves for the new semester can help you prepare for any type of event, good or bad, where you may need to exercise financial, legal, or medical authority on behalf of your child. To help you get started, let us share a few steps you can take during your estate planning process to help protect your college student.

First, it is important to talk to your child. Express any concerns you may have and share your plans with him or her. Your child may enjoy the independence that comes with being an adult and attending college, and may initially be resistant to allowing you control over his or her affairs. By explaining the importance of creating estate planning documents, like a durable power of attorney, and sharing limited scenarios where you may need to exercise your authority, may help your child feel more comfortable.



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After this conversation, we encourage you to establish a durable power of attorney for your child. This can provide you with the authority to make decisions if a legal or financial situation arises while your child is at college. For example, a durable power of attorney can be useful should there come a time when he or she has issues with his or her lease or you just want to send them some extra spending money for getting good grades. Keep in mind, that if you do not have a durable power of attorney set up, your child's bank, college, or rental company can refuse to share your child's information with you.

Finally, we cannot express enough the importance of adding health care documents to your planning. Unfortunately, accidents can occur at any time. Can you imagine how helpless you would feel if your child experiences a serious accident and you are unable to receive information about their medical state? By designating a health care power of attorney and completing a HIPAA authorization form ahead of time, you can avoid this type of situation from occurring.

We know this article may raise more questions than it answers, but we also understand how important your child's safety is. Before, or even during, the next college semester begins, we encourage you to create a plan that may protect both you and your college student. When you are ready to begin your planning, do not hesitate to contact us to set up a meeting.



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Attorney Alan Hougum and his compassionate team will help you protect yourself and the people you love with strategic planning strategies, such as wills, asset protection and trusts, powers of attorney, estate trusts, elder law planning, Medicaid crisis planning, Medicaid eligibility and application, probate and estate administration, avoiding probate, charitable planning and giving, special needs, and estate tax planning. Hougum Law Firm, LLC, serves the entire Wausau, Wisconsin area.

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305 S. 18th Avenue, Suite 200, Wausau, Wisconsin 54401. Do you have questions you need answered before or after your appointment? Just let us know! Contact us by email at info@hougumlaw.com or call us at 715-843-5001.