

The Difference

ElderCare Consulting Can Make

"There were nine of us around the table with Jessica – sons, daughters, and their spouses – worried about what was best for our 90-year-old parents. We learned how to talk with Mom and Dad about our concerns, reviewed options, and identified an ideal retirement community. We created a plan that honored our parents but also kept them safe."
– 60-year-old son, Ellicott City

"When the hospital said my mother could no longer live alone, we thought the only option was a nursing home. Jessica explained we could bring Mom home with 24-hour care and helped us arrange home care while we decided the best long-term plan."
– 45-year-old daughter, Columbia

"When my wife was diagnosed with dementia, I didn't know where to turn. Jessica helped me find an adult day program that my wife could attend. I learned ways to keep us both calm when she was most confused. I had someone who understood the loss I was experiencing." – 83-year-old husband, Mt. Airy

"I was having trouble walking and had lost interest in things I once enjoyed. After a thorough assessment, Jessica encouraged me to talk with my doctor about depression. With new medicine, I am more independent again. I still have Parkinson's, but life is so much easier for my wife and me."
– 82-year-old man, Laurel

"Our father was in the ICU with a life-limiting illness. Jessica helped us understand the options for care at the end of life and the implications of each choice we considered. We felt more confident as we advocated for our father's care."
– 63-year-old daughter, Richmond, VA



Jessica Rowe, LCSW-C, has worked for 30 years in the field of aging, providing services to older adults and their families in Central Maryland.

Because of her extensive work as a therapist and case manager in social services and hospice, a concierge health advisory, and private practice, Jessica has mastered the skills needed to guide families through complex decisions. She is deeply compassionate and fully devoted to the needs of older adults. She is particularly sensitive to the concerns of caregivers.

Jessica is a lifelong resident of Howard County, Maryland. She earned a BA from Dickinson College and a Master of Social Work from the University of Michigan, with a Certificate in Aging.

She is currently an instructor at the University of Maryland School of Social Work teaching graduate students who are specializing in the field of aging. Jessica has presented trainings and workshops to a variety of professional and community groups.

She is a member of the National Association of Social Workers (NASW), the National Association of Professional Geriatric Care Managers (NAPGCM), and the Coalition of Geriatric Services (COGS). She is a Certified Advanced Social Work Case Manager (C-ASWCM).

Jessica Rowe ElderCare Consulting, LLC

Peace of Mind for Families



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ELDERCARE CONSULTING

- How can I remain safely at home?
- Who can help my parents when I live so far away?
- What is the best living situation for my mother?
- How do we plan for compassionate care at the end of life?

Planning for an older adult's care -- whether for yourself or for someone you love, nearby or out-of-town -- can be emotionally stressful, time consuming, and expensive.

Jessica Rowe ElderCare Consulting is committed to lessening your worry and stress and helping you make financially wise decisions.

- We advise and educate older adults and family members who are caring for an older adult.
- We guide families through both the emotional and practical aspects of planning for an older adult's care.
- We provide information, support, and resources to help you make the most responsible and caring decisions, now and for the future.

Whatever your concerns, you do not have to make these decisions alone!

Jessica Rowe ElderCare Consulting provides the expertise and insight you need.

SERVICES

CONSULTATION

One or more in-person sessions with older adult and/or family to:

- review concerns -- "why now?"
- clarify needs and wishes of older adult and family
- address family tensions and understand the range of emotions related to aging and caregiving
- present short- and long-term options for older adult's care
- provide appropriate resources and referrals
- educate and support caregivers



ASSESSMENT

A comprehensive in-home assessment of the older adult to evaluate:

- home safety
- physical, emotional, social, and cognitive abilities
- financial and legal concerns

A thorough report will include recommendations, resources, and referrals that take into consideration the needs and wishes of the older adult and family.

NAVIGATION

Assistance with navigating the aging services network, including:

- identifying specialists in home care, senior housing, legal and financial planning, health care, transportation
- researching and compiling in-depth information regarding costs and availability of services
- communicating with health care and other providers
- providing families clear and personal assistance with critical decisions

Fees upon request

Jessica is also available to speak with community and professional groups.

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