

## How Honora helps...

We serve as an independent voice helping you make smart, informed senior care choices for you or your loved one. Senior care is our expertise. We are knowledgeable in a landscape where being uninformed can be costly, not just financially.

### Services include:

- Consultation to assess your situation and guide you through options we identify for your situation
- Assessment to help you evaluate and select the appropriate accommodation: independent living, assisted living, nursing home care OR plan for staying home when "aging in place" is an option
- Serve as Liaison/Advocate including attending medical appointments to facilitate communication between doctor, client and family
- Focusing on overall wellness we review opportunities to engage in social, recreational, or cultural activities that enrich quality of life
- Insurance review to explain what is covered as well as private pay options including when to consult with legal experts to discuss finances

## About Honora

My name is Susan Keating, Founder of Honora Care & Management Consulting. I am an Aging Life Care Professional (Geriatric Care Manager) working in the field of Aging Services since 2001. I have a passion for providing seniors with solutions that enhance their dignity and quality of life.

Our mom's mother came to live with us after struggling on her own as a 79 year old widow. Along



with my parents and siblings, we cared for her, and I learned a lot about life and the aging experience. As a direct result I pursued a career in Social Work specializing in Aging Services.

Both personally and professionally I see an obvious need for expert, third-party, objective, unbiased advice. People need help and options during an emotionally trying time. I established my company to support others faced with navigating the challenges of advanced age. We help you stay confident and informed when making decisions for your care or the care of your loved ones. Call to see how we can help you.

**(914) 315-6057**

[www.honoracmc.com](http://www.honoracmc.com)

Senior care decisions are stressful... we provide expert, unbiased advice.

**HONORA**  
Care Management & Consulting



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## Guidance when you need it most

Challenges come with aging, both caring for relatives or planning for ourselves.

We provide unbiased knowledge and experience to help reduce your cost and stress, while ensuring the best solutions for yourself or loved ones.

Honora never takes commissions for referrals and you can be assured that your specific and individual needs will be at the forefront of any care plan we create for you.

## Cost containment

We help you avoid inappropriate care placements, duplication of services, and unnecessary hospitalization. Bringing expert, neutral third-party perspective which can be extremely helpful when family dynamics are complicated and strained and provide custom solutions to help families understand and come to terms with the changes aging can bring.



## Process

Following a comprehensive assessment of your needs we tailor a plan for your specific situation. We realize that circumstances can change quickly, particularly when a medical condition is involved requiring an enhanced level of care in the future. We remain available to provide you and your family with further consultation, and will help you adjust your care plan.



## Peace of mind

Often adults find themselves caring for their own children and aging parents at the same time. Sometimes you live out of state and worry if your parents are safe staying in their homes without help. Often your parents are more comfortable talking honestly with a professional in the field than burdening you.



We are here for you when you can't always be there for them. Everyone has multiple demands with work and family and having help from an Aging Life Care Professional is priceless.

Honora helps return you to the role of daughter, son, friend or spouse—we handle the medical and administrative bureaucracy saving heartache, worry, resentment and expense.

We are ready to work with you so you can help your aging loved one move forward, while you finally get a chance to recharge.



All our aging life care services follow the Aging Life Care Association's Standards of Practice and Code of Ethics.  
[www.aginglifecare.org](http://www.aginglifecare.org)