

Q. What Is The Difference between Alzheimer's Disease & Dementia?

A. The word dementia describes a group of symptoms that affect a person's memory, thinking, language, judgment, and behavior. *Dementia* is a catch-phrase word for diseases and disorders that affect the brain. It is not a specific disease.

ALL DEMENTIA IS NOT ALZHEIMER'S

Q. How Many Kinds of Dementia Are There?

A. There are over 100 types of dementia. Some of the other names associated with dementia are: Vascular, Lewy Body, Parkinson's, Frontotemporal/Pick's disease, head trauma, & Mild Cognitive Impairment.

Q. How Do I Find Out If My Loved One Has a Form of Dementia?

A. A Memory Disorder Clinic is the best place to get the right diagnosis. They specialize in dementia and will have a team of experts that will ensure the best possible and latest medications and treatment options. They are located all over the world and usually associated with a medical university.

©2020 Karen Truman, PhD, President
DEMENTIA CAREGIVER RESOURCES, INC.
www.dementiacaregiverresources.org

Q. Do I Need Any Legal Papers or Advice?

A. YES! An Elder law attorney will give you the best information and have the most current law updates. You will need a Durable Power of Attorney, Living Will, and Health Care Surrogate at the very least.

Q. Where Can I Find Veterans Information?

A. The best source to find veterans benefits is the county you live in. A zip code internet search can quickly find your **County Veterans Service Office**. You will need a DD214 (*Honorable discharge papers*) and other documents (*marriage and death certificates, proof of income & assets, photo ID, etc.*) A qualified veteran or spouse/widow may receive Aid & Attendance, Homebound, or Widow's Pension. These payments are tax-free.

Q. Why Am I Feeling So Sad?

A. You are experiencing "Anticipatory Grief". Your Loved One has changed so dramatically from the person you once knew due to a brain disease. You may be beginning to envision life without your Loved One.

The #1 caregiver emotion is GUILT.

You have done nothing wrong...it is not your fault. Continue to show love and respect, and make the best decisions possible with the knowledge and support you gather.

Q. If I Keep My Loved One At Home, What Resources Are Available?

A. Adult Day Care, Respite Care, Home Health Agencies and Assisted Living Communities have special programs that can help you keep your Loved One at home longer and the caregiver gets a necessary break/rest from the daily routine. It will make a big difference for both of you.

Q. How Do I Make These Hard Decisions?

A. Have a family meeting. It is important that spouses, siblings and other family members understand what is going on. Some may offer to do chores or offer financial help. Do involve everyone...it will make them a part of the "Care-Team".

Q. How Do Families Have "The Discussion"?

As we age, certain things need to be discussed and decisions made --- *before* there is a crisis. Involve all family and extended family in these talks. *Suggested topics and questions to include are:*

- ♥What happens if ___?
- ♥Should dad still be driving?
- ♥Is mom taking her medications safely?
- ♥Who is in charge of ___?
- ♥Where are their legal/financial papers and latest health/medical information?
- ♥What are their final wishes?
- ♥How do we pay for all of these things?

Q. Is Medicare and a Supplement (Medigap Policy) Better than an "Advantage" (Replacement Policy) Plan?

A. In most cases YES. You will have better choices of health providers, no pre-authorizations, and little or no co-pays. Be pro-active and look at deductibles, doctor and healthcare facility restrictions, and anticipated plan costs before you have to choose healthcare and hospitalization in a stressful or emergency situation and find out your plan may be "out of network" or the co-pays are more than you can afford.

Q. Does Medicare Pay For Nursing Home Care?

A: Medicare does **NOT** pay for long-term care. Families are often stunned at the high cost of care. The national average cost of nursing home care in 2014 was about \$85,000 per year. Qualifying for long-term care and Medicaid benefits should be addressed early with your Elder Law attorney.

Q. Why Do I Need To Attend A Support Group?

A. These are people who have "been there and done that". It is a place to gather strength in a safe, non-judgmental, friendly environment with people who are on the same path. Find one by asking neighbors, religious organizations, Senior Helplines, Elder Law offices, check websites, and **Dementia Caregiver Resources, Inc.**

DEMENTIA CAREGIVER RESOURCES, INC.

**We are a 501(C)(3)
Non-profit organization
Founded in 1997 by
Karen (Karle) Truman, PhD**

Our vision:
**EMPOWERING CAREGIVERS
TO RECLAIM THEIR LIVES**

WHO WE ARE & WHAT WE DO

We offer:
HOPE HELP HEART ♥ LIGHT GROWTH LOVE
On the caregiving path **AND**
The following programs and services:
⇒ Mandatory Staff Trainings
⇒ Online Continuing Education
⇒ Ongoing Support Groups (since 1993)
⇒ Special Events & Symposiums
⇒ Our Book (now in 3rd edition)

Dementia
THE ^ CAREGIVER'S
LITTLE
BOOK OF HOPE

Available on our website:
www.dementiacaregiverresources.org

Member Organization:



DEMENTIA CAREGIVER RESOURCES, INC.

&

FELIX FLAMINGO



**ANSWERS YOUR
IMPORTANT
QUESTIONS**

CONTACT INFORMATION:

E-MAIL:

drkaren@bookofhope.us

DCR, Inc.

PO Box 7677

Seminole, Florida 33775

www.dementiacaregiverresources.org