

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH AUGUST 2020

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www.dementiacaregiverresources.org



We hope to resume our regular support groups at some time this year – we miss all of you and hope you are doing OK. These are some very hard days. The future in long-term care communities and what it will look like is so hard to grasp. Please reach out to your doctors for assistance in finding some resources that may be paid for by insurance, or private pay, or VA.



CAREGIVING in COVID-19 YEAR

How you respond to stress during the COVID-19 pandemic can depend on your background, your social support from family or friends, your financial situation, your health and emotional background, the community you live in, and many other factors. The changes that can happen because of the pandemic and the ways we try to contain the spread of the virus can affect all of us. We are all forced to make changes, stay strong and ask for help – please! Your life depends on these changes!



We are providing video web seminars to augment or replace our normal monthly library presentations. To participate, you can access the presentation live via our Facebook page. I encourage you to check this website frequently, as we will provide real-time updates and resources on our preparedness and adjustments as the situation warrants. Together, we will make sure to provide you with information you need to be prepared. We will get past this. To make an appointment for a free consult, call: (727)539-0181

Visit: <http://www.virtuallawoffice.com/>



MASK USE and CAREFUL HANDLING

Masks should **NOT** be worn by:

- Children under the age of 2
- Anyone who has trouble breathing
- If a person is unconscious or incapacitated
- If a person is unable to remove the mask without assistance

Cleaning your mask

- Only wear your mask one time and then wash it. Dry in dryer or exposed to sun
- Handle only by the ear loops or ties
- Fold outside corners together
- Be careful not to touch your eyes, nose, and mouth when removing mask, and wash your hands immediately after removing. <https://www.cdc.gov>



Light for the Journey - Courage for the Soul

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Member Organization of:



A copy of the official registration and financial information for Dementia Caregiver Resources, Inc., a Florida-based nonprofit corporation (registration no. CH8538), may be obtained from the division of consumer services by calling toll-free 1-800-help-fla (435-7352) within the state or visiting their website [here](http://www.dementiacaregiverresources.org). Registration does not imply endorsement, approval, or recommendation by the state.

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MEDICARE INFORMATION

I just moved into, currently live in, or just moved out of an institution (like a skilled nursing facility or long-term care hospital).

What can I do?

- Join a Medicare Advantage Plan or Medicare Prescription Drug Plan.
- Switch from your current plan to another Medicare Advantage Plan or Medicare Prescription Drug Plan.
- Drop your Medicare Advantage Plan and return to **Original Medicare**.
- Drop your Medicare prescription drug coverage.

When? Your chance to join, switch, or drop coverage lasts as long as you live in the institution and for 2 full months after the month you leave the institution.

- Medicare Advantage plans can drop doctors and other health care providers from the plan in the middle of plan year without much warning. A Special Enrollment Period (SEP) is available on a case-by-case basis to some enrollees whose doctors have been dropped. The SEP begins the month you are notified of the change and continues for an additional two months. You can leave your Medicare Advantage plan and join original Medicare or switch to another Medicare Advantage plan during this time.

For more information, visit:

<https://www.medicare.gov/>



MOVING is a terrible chore that can easily go from affordable inconvenience to pricey disaster. To find a reputable moving company, start by asking friends for recommendations. Get multiple estimates, and be wary of companies that offer suspiciously cheap bids, and companies that give estimates without knowing anything about a move (valid movers will provide an in-house inspection before throwing out a figure), or those who demand partial or even full payment in advance. One lady got a quote and paid, but when the movers showed up at her new home, they demanded a “take items off the truck – unloading” charge. Visit the Better Business Bureau or [Federal Motor Carrier Safety Administration](#), which has tips for sorting out earnest movers from scammers and has complaint histories for registered movers.

Dementia Caregiver Resources, Inc.

P.O. Box 7677

Seminole, FL 33775

WE ALWAYS NEED USED INK CARTRIDGES



We start by listening to your unique needs. Then we'll customize a plan of care with our trained caregivers who understand your personal needs and lifestyle.

- Companionship
- Light Housekeeping
- Memory Care
- Laundry & Linens
- Medication Reminders
- Transportation
- Shopping & Errands
- Meal Preparation

Call us: (727) 262-1212

www.touchinghearts.com/swpinellas



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