

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH APRIL 2020

Karen Truman, PhD, President and Jeff Truman, MS Ed, Director

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www.dementiacaregiverresources.org

SUPPORT GROUPS – CANCELLED for APRIL



We hope to resume groups in May:

MAY 5 & 19 - Grand Villa Largo 6:00 PM

750 Starkey Rd. Largo 33771 (727)586-0108

MAY 6 - Grand Villa Clearwater 6:00PM

2750 Drew St. (East of 19) (727)799-2177

JUNE Support Groups

JUNE 2 & 16 Grand Villa Largo **6:00 PM**

JUNE 3 Grand Villa Clearwater **6:00 PM**



BODY LANGUAGE When most people think of someone with Alzheimer's disease or dementia, they picture a senior with a benign, slightly confused demeanor who repeats themselves. But, there is a whole spectrum of other types of behaviors associated with the disease that most of us wouldn't describe as slightly or "pleasantly confused" by any stretch of the imagination. From angry outbursts, to more physical manifestations, the repetition and behaviors may be some of the most stressful parts of being a caregiver. Remember, our loved ones **respond to our body language, facial expression and tone of voice** far more than the words we use and choose.

Sean W. Scott
Elder Law Attorney

Seeing an Elder Law Attorney

Getting a Loved One's legal, financial and other assets protected can take a family through a "maze" of dead-ends, mistakes and misinformation. It can spell disaster. Our best advice is to ask professionals, friends, family and other trusted advisors about seeing an Elder Law Attorney. This will save a lot of headache and heartaches in the Medicaid, Medicare maze. Preserving assets, avoiding tax penalties, not losing the homestead because you made an address change; and often titling and gifting monies for a certain look-back time-frame can create penalties. These are all critical and often not handled correctly which can lead to denial of benefits and unforeseen consequences. Elder Law attorneys understand these issues, and can access often "hidden" resources you were not aware of under Veterans' benefits, Area Agencies on Aging, Adult Day Care, and much more. *To make an appointment for a free consult, (727)539-0181* <http://www.virtuallawoffice.com/>



The typical Assisted Living resident is white, female, 87 years old, and requires assistance with at least two activities of daily living. Alzheimer's disease and other dementias are prevalent with estimates ranging to about 50%. Although functional decline, cognitive and/or physical, is the basis of most decisions to move to an ALF, moves are often precipitated by loss of a spouse and increased social isolation. This magnifies the importance of social services, peer relationships, medical services and personal care needs being addressed properly.



Light for the Journey - Courage for the Soul

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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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FRAIL or ROBUST Distinction

With this life changing Corona Virus and all of us in panic mode and isolation, consider this from the KAISER Health News:

- F** Are you constantly **Fatigued**?
- R** **Resilience** - Can you climb a flight of stairs?
- A** **Aerobic** - Can you walk a block
- I** **Illnesses** – 5 or more = BAD
- L** **Loss of Weight** – not good and might be considered a “Failure to Thrive”



Research shows that higher functioning ALF residents often avoid frailer residents, especially those with a form of dementia or cognitive impairment.

Loneliness is tied to an increased risk of heart disease and stroke, dementia, high cholesterol, diabetes, and poor health in general. People who are lonely are also more likely to use alcohol, tobacco and exercise less. The best things you can do for yourself and your community during the **Covid-19 pandemic** is to isolate yourself. But for some individuals, the side effects of doing so could be disastrous. Please reach out to family, friends, support systems, and helplines via phone or e-mail if you are feeling overwhelmed with this “new normal”. We have to protect our mental health as well as our physical health. Now is NOT the time to get sick or start “fretting” yourself sick. Stay Strong, please!

WE ALWAYS NEED USED INK CARTRIDGES



The Aging and Disability Resource Center, is the place to start for seniors, caregivers, and individuals with disabilities who are looking to live safely and independently in their homes and communities. Caring for an **aging** loved one is not always easy, especially when you don't have reliable information on the **resources** and supports that are available. We are here to support you on your journey of **caregiving**. In 2018, we provided **resources** to more than 51,000 seniors in areas such as **transportation, nutrition, case management, caregiving, and more**. **Email Us: info@aaapp.org**
Call: 1(800) 963-5773 or (727) 217-8111

We welcome our 2020 newsletter sponsor: Touching Hearts at Home.



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

**Donations are always appreciated -
In Honor or Memory of a Loved One**

Dementia Caregiver Resources, Inc.

P.O. Box 7677

Seminole, FL 33775



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