

# DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH FEBRUARY 2021

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

drkaren@bookofhope.us

www.dementiacaregiverresources.org



*We hope to resume our regular support groups at some time in 2021 – we miss all of you and hope you are doing OK.*



## What do they do at a Memory Disorder Clinic (MDC)?

Those working in **memory clinics** are specifically trained in understanding conditions such as the many different types of **dementia**. They can carry out certain tests to determine your loved one's stage of the condition. This will allow them to prescribe certain drugs, recommend lifestyle changes, and guide you on useful mental exercises and community resources.

## What does Dementia Testing Consist of?

Cognitive and neuropsychological **tests** are used to assess memory, problem solving, language skills, math skills, and other abilities related to mental functioning.

### Check out the SAGE tests that you can do at home: (SAGE) Self-Administered Gerocognitive Examination.

*Always consult your doctors for a complete exam, this self-test is not a professional assessment.*

[https://www.elderguru.com/downloads/sage\\_test\\_1.pdf](https://www.elderguru.com/downloads/sage_test_1.pdf)

Sean W. Scott  
Elder Law Attorney

## Q. When I die does the state take the home if I was in long-term care under Medicaid?

A. In Florida, in almost all cases, Medicaid cannot take the home after death so long as it is considered "homestead." When applying for Medicaid benefits, the homestead is considered exempt and protected if:

1. A spouse or dependent relative continues to reside in the home; or
2. The individual (or, on his or her behalf, a designated representative) states that the person has an "intent to return" home.

*To make an appointment for a free consult, call: (727)539-0181*

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

## Hints and Tips

**Q:** Is it possible to catch an illness from using the pens – either ballpoint or the hard rubber pens used for digital signatures – In restaurants, retail stores, grocery stores, pharmacies, doctor's offices, etc.?

**A:** Yes, if the germs are present and you touch your mouth, nose or eyes before the germs die. Ask the staff to make an X for you if you feel uncomfortable using the pen.



Light for the Journey - Courage for the Soul



©2021 - A 501(c)(3) Non-Profit Organization since 1997

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.

# DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH FEBRUARY 2021

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

drkaren@bookofhope.us

www.dementiacaregiverresources.org



AARP operates tax-time assistance centers nationwide. Call 1-800-906-9887 for more information and to find a site near you.  
Email: [taxaide@aarp.org](mailto:taxaide@aarp.org)  
Toll-free: 888-OUR-AARP (1-888-687-2277)

## Color preferences for individuals with dementia are Red, Blue and Green.

For instance, blue is a restful color with a calming effect. Research shows that using blue in the physical environment can actually lower blood pressure, and that blue rooms are seemingly cooler and larger than rooms painted in shades of red or orange.

Red increases brain wave activity, and seems to decrease the size of a room, and increases the perceived temperature of the room. If you want to get the attention of an individual with Alzheimer's or dementia, use red. RED is a good color for dinner plates and utensils as it offers good contrast with food and stimulates the appetite.

Green is symbolic of growth and life and is the most restful of colors. It reduces central nervous system activity, and helps individuals remain calm. Using green makes rooms appear larger. Lime green is particularly effective with individuals with Alzheimer's or dementia for visual attention, i.e., visual cues for bathrooms, bedrooms, walkers, etc.

For the affected individual who may have aggressive tendencies, try using Pink in their personal space as it tends to ease aggression.

**PRIMARY PROGRESSIVE APHASIA** is a rare neurodegenerative condition characterized by prominent language problems that worsen over time. About 40% of people with the condition have underlying Alzheimer's disease. But a new study has found that people with the condition may not develop the memory problems associated with Alzheimer's disease.

Source:

<https://www.sciencedaily.com/releases/2021/01/210113161219.htm>

**Apathy** -- a lack of interest or motivation -- could predict the onset of some forms of dementia many years before symptoms start, offering a 'window of opportunity' to treat the disease at an early stage, according to new research. Source:

<https://www.sciencedaily.com/releases/2020/12/201214192356.htm>



**Dementia Caregiver Resources, Inc.**

P.O. Box 7677

Seminole, Florida 33775

♥ Your donations make all the difference ♥  
WE ALWAYS NEED USED INK CARTRIDGES



Light for the Journey - Courage for the Soul



©2021 - A 501(c)(3) Non-Profit Organization since 1997

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.