

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH JANUARY 2021

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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.



We received this message from the Lewy Body Dementia Association (LBDA):

“If you are approached by a research or study coordinator about studies that are seeking participants and have questions or concerns, please contact Pamela Corsentino” at pcorsentino@lbda.org

LBDA has a process that ensures that only most directly relevant and scientifically rigorous clinical research studies are passed along to the LBD community. No study participation opportunities are shared by LBDA without being reviewed first by members of LBDA’s Scientific Advisory Council or by the National Institutes of Health. This protects the LBD community from possible recruitment into studies that are not backed by strong scientific justification.

LBDA Main Line: (404)935-6444

Website: <https://www.lbda.org>

Did you know? LBD affects an estimated 1.4 million Americans. LBD is ***often mis-diagnosed*** as a psychiatric disorder or another form of dementia.



WILL or TRUST? Which is Better for You?

There are several factors to consider but the most is the cost-benefit of having a will versus a trust. When someone dies owning assets in just their name, to move it to their heirs, the property must go through the court probate process. While a will generally costs around \$75, a trust plan can usually cost around \$3,000 to set up. The big advantage of the trust is that as the estate size increases, the cost of moving the assets does not go up. When you look at it, a will is usually the better choice for estates that are *smaller than \$100,000* because the cost of the will and probate will end up being less overall. A trust is a better choice as the size of the estate grows beyond the \$100,000 mark. *To make an appointment for a free consult, call: (727)539-0181*

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

AT WHAT POINT DO DEMENTIA PATIENTS NEED 24 HOUR CARE?

During the middle stages of **Alzheimer's**, it becomes necessary to provide **24-hour** supervision to keep the person with **dementia** safe. As the disease progresses into the late-stages, around-the-clock **care** requirements become more intensive.

HOW DOES PEANUT BUTTER DETECT ALZHEIMER'S?

Researchers discovered that those who had an impaired sense of smell in the left nostril had early-stage **Alzheimer's**. They noted that the participants needed to be an average of 10 centimeters closer to the **peanut butter** container in order to smell it from their left nostril compared to their right nostril.



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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THE FOUR COMMON FEARS AMONG THE ELDERLY

1. Fear of Lack of Control
2. Fear of CHANGE
3. Fear of Impoverishment
4. Fear of being perceived as “less than” or “incapable”

These four things are usually what we caregivers are up against when we try to ‘reason’ with our parent or spouse about needing additional help at home or in a community setting. They can be very strong when it comes to saying NO – I do not need any help and I do NOT want any help – I am perfectly capable of doing this all myself – and the poopie clothes pile up, the bills do not get paid, the frig items have long expired and you cannot use logic – this is the time to have a family meeting or even an intervention. Hard choices will have to be addressed and letting them have some input may make things a little easier for the future – this feels very grown-up and it is never easy.

Hints and Tips

TELL --- DON'T ASK

Asking “What would you like for dinner?” may have been a perfectly normal question at another time. But now we are asking our Loved One to come up with an answer when he or she might not have the words for what they want, might not be hungry, and even if they do provide an answer, they may not want or even recognize the food when it is served after all. Saying “We are going to eat now” encourages the person to eat and does not put them in the dilemma of having failed to respond properly or even at all.



Department of the Treasury
Internal Revenue Service

There may be some TAX items that you may not be deducting on your IRS forms. This is a good website to check out to see what qualifies as deductions. It can get very complicated and messy, so make sure and have someone check your forms and use the library resources.

The IRS's Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) programs offer free basic tax return preparation to qualified individuals.

- People who generally make \$57,000 or less
- Persons with disabilities; and
- Limited English-speaking taxpayers who need assistance in preparing their own tax returns.
- In addition to VITA, the TCE program offers free tax help, particularly for those who are 60 years of age and older, specializing in questions about pensions and retirement-related issues unique to seniors.

See these websites for more information:

<https://www.irs.gov/taxtopics/tc502>

<https://www.irs.gov/individuals/free-tax-return-preparation-for-qualifying-taxpayers>

Dementia Caregiver Resources, Inc.

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♥ Your donations make all the difference ♥

WE ALWAYS NEED USED INK CARTRIDGES



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