

# DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH **JANUARY 2022**

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

drkaren@bookofhope.us

www.dementiacaregiverresources.org



## SUPPORT GROUPS

If you would like to attend support groups, (for current caregivers) please make sure to call the community the day before to let them know you are attending.

◦ **JANUARY 13<sup>th</sup>**      **10:15AM - 11:30AM**

**ARAVILLA Clearwater** Memory Care  
3055 Union St. Clearwater (727) **260-2826**  
[t.dacey@aravillaclearwater.com](mailto:t.dacey@aravillaclearwater.com)

## Upcoming - SPECIAL PRESENTATIONS

The INN at FREEDOM SQUARE

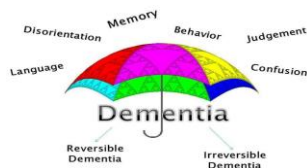
**Making Sense of Memory Loss - 10:00AM**

January 11 – February 4 – March 8

RSVP to: Marsha Thompson (727)398-0324

[thompsonmarsha@freedomsquarefl.com](mailto:thompsonmarsha@freedomsquarefl.com)

10801 Johnson Blvd. Seminole 33772



## Mistakes over \$\$ - Signs of Dementia?

Some of the earliest signs a person is having memory problems can be that they are forgetting to pay bills or pay them numerous times. They skip paying the credit card bills or the car and house insurance and even tax bills. They are calling the bank everyday to find out how much they have in their account and if you could access their bank statements, and look at their ledger it would add up to a disaster. One family finally saw what the mother was doing with her checkbook and there were so many errors and misses, it took two weeks to balance it. Make sure there are no identity thefts and fraud alerts. This is important!

Sean W. Scott  
Elder Law Attorney

## WHAT A WILL CANNOT DO

In a lot of cases, a will cannot avoid probate – your will becomes a public record, and the court supervises the distribution of your estate. In Florida, Probate can be expensive and time-consuming. A common way to avoid probate is to create a trust depending on your needs. This is also a good time to look over any beneficiary designations on life insurance or other legal documents. You may not want to leave your inheritance to your former or deceased spouse.

For a free consult, call: (727)539-0181

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



DENTURES

If you are an older adult, the risk of dementia and other cognitive impairment increases with each **lost tooth**, according to a recent study published in the Journal of the American Medical Directors Association. Researchers went over several long-term studies and found participants with more missing teeth had on average a 48% higher risk of cognitive impairment and a 28% higher risk of dementia than other people. Each lost tooth was linked to a 1.4% increase in the risk of cognitive impairment and a 1.1% increase in the risk of dementia. All told, those missing at least 20 teeth had a 31% higher risk of cognitive impairment. In addition, those who had lost all their teeth had a 54% higher risk of cognitive impairment and a 40% higher risk of dementia. Participants who used dentures to compensate for missing teeth did not have a significantly higher risk of dementia, the researchers found.  
[This Dental Issue Is Linked to a Higher Dementia Risk \(msn.com\)](https://www.msn.com)



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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## ARE YOU AT THE BREAKING POINT?

More than one million older adults reside in assisted living communities (ALF's), according to the American Health Care Association and the National Center for Assisted Living. These facilities offer access to 24-hour care for seniors who would benefit from some daily assistance but don't require skilled nursing or specialized dementia care. *Often families and caregivers wait until things are progressing to a breaking point before looking for assisted living options.* Activities of daily living (ADLs), such as bathing, dressing, and mobility are frequent concerns. Errors in medication management can also pose a real danger for seniors. The CDC estimates 350,000 people are hospitalized each year due to medication mismanagement. There are more opportunities for socialization, healthier nutrition choices, on-site medical services, and housekeeping and laundry chores are provided. How much \$\$ is it REALLY costing to keep a Loved One at home? Is the primary caregiver exhausted? Burned out? Losing their own identity, and making incredible personal and financial sacrifices in order to maintain a parent or spouse at home? Is there danger in leaving them alone? Can they call 911? Are they lonely? Is there lifting, turning or other special needs (i.e.: dietary, wound care, vision problems, etc.?) to accommodate

this person at home, and the level of care is increasing and becoming more and more complex? What happens if you both fall during a lift or your back gives out? Is the primary care doctor or medical specialist expressing deepening concern for the family to make a decision to move their Loved One to assisted living? Seniors are more likely than people of other ages to trust their doctors and take medical advice. It may be time to have a family meeting, to discuss options and placement. There are over 1,775 ALF's in Florida – that is a lot of choices. They are regulated and have lots of mandatory ongoing training, background checks and most of them have an executive director who has a heart and will listen to the concerns and issues and try to find the right balance for all. One of these communities may just be the right choice for your Loved One.

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



**DEMENTIA CAREGIVER RESOURCES, INC.**  
**P.O. Box 7677 - Seminole, Florida 33775**

25th  
Anniversary

**We are celebrating our 25<sup>th</sup> year  
of assisting caregivers ♥♥♥**



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