

# DEMENTIA CAREGIVER RESOURCES, INC.

HOPE ♥ HELP ♥ HEART ♥ LIGHT ♥ GROWTH ♥ LOVE

Email: [drkaren@bookofhope.us](mailto:drkaren@bookofhope.us) to be added to the e-newsletter distribution list.  
[www.dementiacaregiverresources.org](http://www.dementiacaregiverresources.org) A non-profit 501(c)(3) Organization  
THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION "The Devil's in the Details"

## THE DEMENTIA DETAILS DISPATCH JULY 2012

**NO MEETING JULY 4<sup>th</sup>**

### July 2012 Support Groups

July 3 & 17 St. Mark Village 9:30 AM  
July 3 & 17 Grand Villa 6:00 PM  
July 6 & 20 Grand Villa 9:30 AM  
July 18 Bon Secours PL 6:00 PM

### August 2012 Support Groups

Aug. 1 & 15 Bon Secours PL 6:00 PM  
Aug. 3 & 17 Grand Villa 9:30 AM  
Aug. 7 & 21 St. Mark Village 9:30 AM  
Aug. 7 & 21 Grand Villa 6:00 PM

*Support groups teach us how to have more patience and give us a better understanding about the disease process. A bonus is that we are supporting each other. No one "gets it" more than a fellow caregiver!*



Sean W. Scott  
Elder Law Attorney

### TOP TEN MEDICAID ELIGIBILITY MISTAKES

*A lot of people have a basic misunderstanding of Medicaid benefits, qualifications and planning. This is the fourth in the series of the top ten.*

**GOING IT ALONE** Maximizing Medicaid planning opportunities is not something easily learned. Seek qualified professional guidance as no two situations are identical and strategies not implemented correctly can cause benefit denial.

For more information call: **727.539.0181**

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



### WHEN SHOULD ALZHEIMER'S MEDICATION'S BE STOPPED?

If the drug is having no therapeutic effect or is causing unacceptable side effects. Always check with your doctor as to when the Alzheimer's medications should be stopped. *These are general guidelines:*

- 1) When your Loved One with Alzheimer's disease can no longer communicate
- 2) No longer recognizes family members especially the spouse and children
- 3) Unable to do anything for themselves
- 4) Totally reliant on others for all self care
- 5) Is no longer able to walk

There seems little value in continuing to take Alzheimer medications. At this time, there is no treatment to cure, delay or stop the progression of Alzheimer's disease. FDA-approved drugs temporarily slow worsening of symptoms for about 6 to 12 months, on average, for about half of the individuals who take them. The other half may experience side-effects such as: nausea, confusion, dizziness, headache, constipation, vomiting and diarrhea, weight loss, loss of appetite, muscle weakness or show no improvement at all.

*See the National Institutes of Health Fact sheet for more information:*

<http://www.nia.nih.gov/alzheimers/publication/alzheimers-disease-medications-fact-sheet>

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### OLD AGE OR LOW B-12

Do you or your Loved One have low blood level of vitamin B-12? Low levels of the essential vitamin can bring on symptoms that can include: *muscle weakness, fatigue, shakiness, unsteady gait, incontinence, low blood pressure and depression*. At risk of developing a B12 deficiency include heavy drinkers, those who have had stomach surgery for weight loss or ulcers, people who take aminosalicylic acid (for inflammatory bowel disease or tuberculosis) or the diabetes drug Glucophage and other brands. Patients who take the anticonvulsants phenytoin, phenobarbital or primidone are also at risk. Have your B12 level checked by your doctor. It could make a big difference in the quality of your life!



### COULD SLOW WALKING FORESHADOW EARLY DEMENTIA?

Though walking slower may be typical of older adults, changes in walking speed may indicate the early stages of a type of dementia called mild cognitive impairment. Results of a recent study showed that people with non-memory related mild cognitive impairment were *nine times* more likely to be slow walkers than moderate or fast walkers. The researchers also found that the amount of fluctuation in walking speed also was associated with mild cognitive impairment.

Visit: <http://health.usnews.com>

CARE ADvantage MAGAZINE is a FREE quarterly publication from the Alzheimer's Foundation of America (AFA) for Caregivers of people with Alzheimer's disease and related illnesses.



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