

# DEMENTIA CAREGIVER RESOURCES, INC.

## THE DEMENTIA DETAILS DISPATCH JUNE 2021

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

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www.dementiacaregiverresources.org



**Stay tuned for a couple of new groups that will be starting in August (Aravilla and Cabot Cove), and some of the established ones to resume later in the year.**



If you take care of a family member with Alzheimer's Disease, you probably already know that this can be a demanding, stressful job. Family caregivers often suffer with higher levels of stress, anxiety, depression, and impaired physical health, and many provide care with little or no support. Researchers at UCSF and Northwestern University are testing a program for family caregivers of people with Alzheimer's Disease designed to increase levels of positive emotion, which in turn can help lower stress and support ways of coping with the stresses of caregiving. We are seeking caregiving adults nationwide to participate in the LEAF Study. English-speaking participants with access to wi-fi internet will receive a positive-emotions building program and a tablet computer the study will supply to you.

For more information, please visit:

<https://redcap.nubic.northwestern.edu/redcap/surveys/index.php?s=4HRKK7JMCX>

Sean W. Scott  
Elder Law Attorney

### The MEDICAID FACT SHEET 2021

There is a lot of important information on this sheet. The amounts change every year. There are 'Asset and Income' Limits, Look Back periods, Transfer Rules and Penalties and a 'Jargon Cutter' to tell you what the different abbreviations mean. This is a PDF LINK of this Fact Sheet for Medicaid pre-planning, in case you or someone you know needs to know about this.



2021 Medicaid Fact Sheet.pdf

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

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

### Workshops for Family Caregivers

The USF Health Byrd Alzheimer's Center and Research Institute is offering the following workshops on Zoom to provide very practical information to help you in your role as a family caregiver. Whether you are caring for someone with Alzheimer's or another dementia, are new to this journey, or have been a caregiver for years, you will still learn new tips and helpful information.

Workshops are from 3:00- 4:30pm. Workshops are free, but registration is required.

- To see the topics covered in these workshops and to see future workshops, go to the Byrd Institute website at <https://health.usf.edu/medicine/byrd/caregivers>
- To register, please email [epoiley@usf.edu](mailto:epoiley@usf.edu) and the Zoom link will be emailed to you.
- For more information, please email [epoiley@usf.edu](mailto:epoiley@usf.edu) or call (813)396-0635.

### Upcoming Workshops

Upcoming Workshops	
June 10 <sup>th</sup>	Managing Caregiver Stress
June 17 <sup>th</sup>	Helping New Caregivers Navigate the Alzheimer's Journey
June 22 <sup>nd</sup>	Communication and Behavior Management Part 1 Learning how to Communicate with a Person with Alzheimer's to Prevent or Reduce Behaviors
June 24 <sup>th</sup>	Communication and Behavior Management Part 2 Strategies for Preventing and Managing Challenging Behaviors (It is not required to attend Part 1, however it is recommended)



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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## WRITE IT DOWN

Whether you may be experiencing Parkinson's Disease or another form of dementia related hallucinations and delusions, or caring for someone who is, it can be difficult to know what to share with your healthcare provider. To help you prepare for the doctor visit and discussions about your Loved Ones' current mental health and ongoing issues, write down even the smallest details which may shed light on what is happening. What time of day; \_\_\_\_\_ happens only in certain areas; happens only when they feel frightened and confused; only when they are out of their 'comfort zone', etc. The questions of: WHO WHAT WHERE WHEN and TIME are very important to better understand what can be addressed with medication, behavior management, and a better understanding of how to improve the caregivers' and the care-receivers' lives.

*This website may offer you more information and resources:*

<https://www.morethanmemoryloss.com/>



**Dementia Caregiver Resources, Inc.**

**P.O. Box 7677**

**Seminole, Florida 33775**

**MONEY MATTERS \$\$** Are you paying your bills on time? Have you paid any bills twice? Are you making errors when you're balancing your checkbook?" People with dementia often have trouble with abstract thinking, like math, and are unable to follow the steps to do a task like paying a bill. They may also make poor judgments about spending money and giving it away.



Atrophy in the part of the brain that processes visual information can lead to difficulties with visual perception, causing falls, difficulty driving safely, and problems judging distances and colors. This is different from visual problems due to changes in the health of the eyes, so always be sure to check in with your ophthalmologist as well.

A **quick eye exam** might one day allow eye doctors to check up on both your eyeglasses prescription and your brain health. A study of more than 200 people at the Duke Eye Center published in the journal *Ophthalmology Retina* suggests the loss of blood vessels in the retina could signal Alzheimer's disease.

In people with healthy brains, microscopic blood vessels form a dense web at the back of the eye inside the retina, as seen in 133 participants in a control group.

In the eyes of 39 people with Alzheimer's disease, that web was less dense and even sparse in places. The differences in density were statistically significant after researchers controlled for factors including age, sex, and level of education.

😊 Your donations make all the difference 😊

**WE ALWAYS NEED USED INK CARTRIDGES**



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