

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH MAY 2019

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

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www.dementiacaregiverresources.org



MAY SUPPORT GROUPS

May 7 - The Preserve at Clearwater 9:30 AM
2010 Greenbriar Blvd. CLW (727)735-6200

May 7 & 21 - Grand Villa - Largo 6:00 PM
750 Starkey Rd. Largo 33771 (727)586-0108

JUNE Support Groups

June 4 - The Preserve Clearwater 9:30 AM

June 4 & 18 Grand Villa Largo 6:00 PM



For 2019, we will focus on the many different kinds of dementia and how important it is to get a proper diagnosis.

POSTERIOR CORTICAL ATROPHY with

ALZHEIMER'S (PCA), also called Benson's syndrome is a rare visual variant of Alzheimer's disease. It affects areas in the back of the brain responsible for spatial perception, complex visual processing, spelling and calculation. Although PCA is almost always caused by Alzheimer's disease, it can result from other diseases including dementia with Lewy bodies and Creutzfeldt-Jakob disease. Early symptoms of posterior cortical atrophy include blurred vision, difficulties reading (particularly following the lines of text while reading) and writing problems with depth perception; increased sensitivity to bright light or shiny surfaces, double vision and difficulty seeing clearly in low light conditions. The patient also may have trouble accurately reaching out to pick up an object. PCA tends to affect people at an earlier age than typical Alzheimer's disease, with individuals often being in their mid-fifties or early sixties when they experience the initial symptoms.

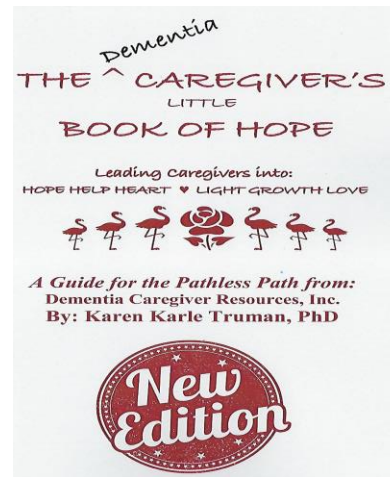
Sean W. Scott
Elder Law Attorney

Often, clients tell me that they sold their home in a last ditch effort to generate cash to continue to pay for nursing home care. Did you know that the primary residence is not counted as an asset (in FL - Up to \$585,000 in equity), when determining eligibility for Medicaid? Other non-countable assets include the car and a burial account. For more information or to make an appointment for a free consult, call or visit: (727)539-0181

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

The latest version of our book:

"The Dementia Caregiver's Little Book of Hope" is now available. It is easier to read and completely updated.



Please e-mail: drkaren@bookofhope.us to order your copies.



Light for the Journey - Courage for the Soul

Member Organization of:



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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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'A' - 'L' - AT LEISURE or ASSISTED LIVING?

Recently during a staff training in an assisted living community, one of the students remarked about the interactions between the staff and the residents. He said: **“When we look at our residents, are we looking at our future?” WOW – this kind of insight is powerful especially in the younger generations.**

Sometimes we can control what kind of future we will have. The things that we do in our 30's, 40's and 50's play a key role in shaping our future. Do you poison your body with tobacco, alcohol, too many prescriptions and over-the counter medications? How is your sleep? Is it restful and consistent? (*One of the key elements for prevention of Alzheimer's is your sleep hygiene*). Does your diet include fruits, veggies, whole grains, and lean proteins, or do you have the local pizza place on speed dial? Can you walk more than 100 yards and not get out of breath? Is there time in your schedule to simply sit back and do nothing? We need that mental/physical mini-vacation even if it is only 15 minutes a day. All of these things working together will shape your future. It can be up to you whether the initials “A.L.” will stand for “At Leisure” or “Assisted Living”.



Is there a connection between taking statins and the rise in memory loss and dementia? The US Food and Drug Administration requires that warning labels state that statins can cause memory loss as well as mental confusion, liver problems, and type 2 diabetes.

DID YOU KNOW?

Nearly all disruptive vocalizations are related to a form of brain injury; most have *dementia* due to Alzheimer's disease or cerebrovascular disease. In susceptible persons, vocalizations can be triggered by a variety of stimuli, including the physical environment, stress, anxiety, or caregiver behaviors



Ways to be a JOYFUL CAREGIVER

- Make those calls – do not procrastinate
- Change your attitude and allow no more grumping
- Find a safe place to share and vent feelings
- Educate yourself about the disease process
- Laugh together and see the humor in their personality that still remains
- Have a garage sale and clean out the clutter
- Get a three-ring notebook and start organizing

WE ALWAYS NEED USED INK CARTRIDGES

Can YOU make a difference with a Tax Deductible Donation?

DCR, Inc.

P.O. Box 7677

Seminole, FL 33775



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