

# DEMENTIA CAREGIVER RESOURCES, INC.

## THE DEMENTIA DETAILS DISPATCH MAY 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 RSVP the community the day before to let them know you are attending.

#### The INN at FREEDOM SQUARE

Wednesday MAY 11<sup>th</sup> 1:30PM

10801 Johnson Blvd. Seminole 33772

RSVP to: Marsha Thompson (727)398-0324

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

#### ARAVILLA Clearwater Memory Care

Thursday MAY 12<sup>th</sup> 10:15AM

3055 Union St. Clearwater (727) 260-2826

[t.dacey@aravillaclearwater.com](mailto:t.dacey@aravillaclearwater.com)

#### Grand Villa of Clearwater

Tuesday MAY 17<sup>th</sup> 5:30PM

2750 Drew St. Clearwater, FL 33759

(727) 799-2177 [ed.cle@grandvillasenior.net](mailto:ed.cle@grandvillasenior.net)



#### ASK FOR HELP! It is OK to Seek HELP!

The care you give to yourself is the care you give to your loved one. Absolutely the easiest thing for someone to say and the hardest thing to accept is the advice to take care of yourself as a caregiver. It is often not easy to see beyond the care tasks that await you each morning. Study after study shows that caregiving impacts and compromises health. About 60% of caregivers show signs of clinical depression, and take more prescription medications, including those for anxiety and depression, than others in their age group. Reluctance in asking for and accepting help is a major barrier to getting necessary respite and support.

DEMENTIA is HARD -- **ASK FOR HELP!**



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.

Sean W. Scott  
Elder Law Attorney

We qualify clients for Medicaid and veterans benefits to make the cost of nursing home and assisted living care affordable for every family while preserving their life savings. We also help our clients plan for incapacity and mortality by drafting legal documents to include - Durable Power of Attorney, Health Care Surrogate, wills, and trusts. Lastly, we guide families through trust administration and probate after the death of a family member. *For a free consult, call: (727)539-0181*  
<http://www.virtuallawoffice.com/>

#### NEW FL LAW SB 988, THE NO PATIENT LEFT ALONE ACT,

to guarantee Florida families the fundamental right to visit their loved ones who are receiving care in hospitals, hospices, and long-term care facilities. No health care facility in Florida may require a vaccine as a condition of visitation and must allow their residents and patients to be hugged by their loved ones. COVID showed us that while a virus can be deadly, depression and loneliness can be just as deadly. [www.ahca.myflorida.com/visitation](http://www.ahca.myflorida.com/visitation).



Conference

2022 | May 3, 4 & 5

This online conference is filled with “Help & Hope”, and will empower caregivers, ease their burdens, and help them find the joy in the journey through education, comfort, and support! There is no registration fee!  
<https://connectingcaregiversconference.com/>  
Karen will be doing a one-hour Alzheimer’s CEU program for this conference at 3PM on May 5<sup>th</sup>.

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### MILD COGNITIVE IMPAIRMENT (MCI)

causes cognitive changes that can be noticed by the person affected and by family members and friends, but do not affect the individual's ability to carry out everyday activities. Because the changes are subtle, MCI is sometimes confused with normal aging and diagnosis can be challenging. Each year, an estimated 10% to 15% of people living with MCI go on to develop dementia. Within five years, about one-third of people with MCI due to Alzheimer's disease develop dementia. Despite the fact that 12% to 18% of people aged 60 or older are living with MCI, public awareness is low:

Fewer than 1 in 5 Americans (17% to 18%) across all racial and ethnic groups are familiar with MCI. Over half of all Americans say MCI sounds like "normal aging". Only 40% of Americans say they would talk to their doctor right away when experiencing symptoms of MCI.

***More than half say they would wait until they had symptoms for a while, wait until symptoms worsened, or wait until others expressed concern before talking to their doctor.***

An overwhelming majority of primary care physicians believe it is important to diagnose MCI and that early intervention is critical, but diagnosis is challenging, and resources are unfamiliar. One-third (35%) of primary care physicians are not fully comfortable diagnosing MCI, and more than one-half (51%) are not fully comfortable diagnosing MCI due to Alzheimer's disease.

96% of physicians say it's important to assess patients aged 60 and older for cognitive impairment, yet assessments are conducted for just half of their patients. Nine in 10 PCPs (90%) say it is hard to know where MCI ends, and dementia begins. Only 1 in 4 PCPs (23%) say they are familiar with new therapies in the pipeline to address MCI due to Alzheimer's disease, and only 1 in 5 (20%) report being familiar with clinical trials available to their patients with MCI. These findings underscore the need to raise the public's awareness of MCI, while also better preparing primary care physicians to identify, diagnose and manage their patients' cognitive impairment at its earliest stages. Early intervention offers the best opportunity for better outcomes, as it can allow individuals more time to plan for the future, adopt lifestyle changes, participate in clinical trials and to live more fully, with a higher quality of life, for as long as possible. [www.alz.org](http://www.alz.org)



<https://www.morethanmemoryloss.com>

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



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

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



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