

# DEMENTIA CAREGIVER RESOURCES, INC.

## THE DEMENTIA DETAILS DISPATCH NOVEMBER 2019

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

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www.dementiacaregiverresources.org



### NOVEMBER SUPPORT GROUPS

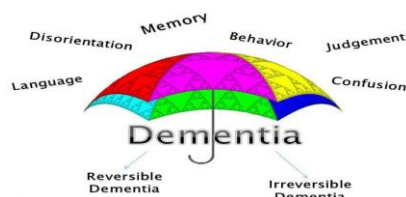
**Nov. 5 - The Preserve** at Clearwater **9:30 AM**  
2010 Greenbriar Blvd. CLW (727)735-6200

**Nov. 5 & 19 - Grand Villa - Largo 6:00 PM**  
750 Starkey Rd. Largo 33771 (727)586-0108

### December Support Groups

Dec. 3 - The Preserve - Clearwater **9:30 AM**

Dec. 3 & 17 Grand Villa Largo **6:00 PM**



**TARDIVE DYSKINESIA (TD)** can be a complicated and disabling condition. It often appears after an individual has been exposed to an anti-psychotic medication that blocks dopamine receptors in the brain. These types of medications are commonly prescribed to treat schizophrenia, bipolar disorder and depression. TD may appear as repetitive, jerking movements that occur in the face, neck, and tongue. The muscle movements are outside of the patient's control. Tardive dyskinesia causes repetitive, involuntary movements, such as grimacing, eye blinking, tongue protrusion, lip smacking, puckering and pursing. Certain factors increase the risk such as: being *elderly*; being *female*; having *diabetes*; or having other *mental illnesses*. The symptoms of TD can be very troubling for patients and family members. <https://www.nami.org/>

Sean W. Scott  
Elder Law Attorney

### FINDING THE RIGHT ATTORNEY

The first challenge is to find the right attorney. Some people are intimidated by attorneys. They are concerned that they won't choose the right attorney for the job, or not choose the best one. Some fear that the attorney will take control of the assets away from them. Or that they can't afford one. As a result much of the planning that needs to be done is never started. The attorney is an essential part of your estate planning team. He or she plays an integral part in helping point out the problem areas and prepares a plan to reduce or eliminate potential snags. *For more information or to make an appointment for a free consult,* (727)539-0181 <http://www.virtuallawoffice.com/>

**Over 80% of the help provided to older adults in the United States comes from family members, friends, or other unpaid caregivers.** About 50% of all caregivers who provide help to older adults do so for someone with a form of dementia. These caregivers report they often have problems dealing with banks and other financial institutions when helping to manage the finances of people living with a dementia. It is vital to make sure you have your legal documents in place. This avoids so many issues down the road for caregivers. They have enough to worry about....make that appointment with an Elder Law attorney and get your paperwork done while you have the capacity to make good choices.



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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### NORMAL BODY TEMPERATURE

is not a single number, but rather a range of temperatures. The average normal body temperature — measured using an oral thermometer, or now more commonly with an infrared thermometer passed across the forehead — is 98.6° F (37° C). However, recent studies indicate that 98.2° F (36.8°C) is a more accurate average, and **in older individuals it may be about 1°F lower.**

Several factors can lead to a lower body temperature in older people. For instance, as you age, you lose fat under the skin in your extremities and your skin becomes drier; both of these changes cause loss of body heat. Metabolism, which also generates heat, tends to slow as you age. Medications, including beta blockers and anti-psychotic drugs, also may lower body temperature, as can an underactive thyroid gland. Because of their lower baseline temperatures, older people need to be careful to avoid prolonged exposure to the cold, which may lead to hypothermia, which occurs when your body loses heat faster than it can produce it and causes a dangerously low body temperature. Also, they should pay extra attention to fevers. *A fever of 99° F, which doesn't sound high, can be serious in an older person whose normal baseline temperature is below 97°.*

<https://www.health.harvard.edu/staying-healthy/when-is-body-temperature-too-low>

According to the NATIONAL INSTITUTES on AGING “Many people who are developing or have dementia **do not** receive a diagnosis. One study showed that **physicians were unaware of cognitive impairment in more than 40% of their cognitively impaired patients.** Another study found that **more than 50% of patients with dementia had not received a clinical cognitive evaluation.** Among primary care physicians, **more than 55%** would hesitate to inform their patient that they suspected they have a form of dementia. This statistic contrasts sharply with over 90% of people with breast cancer, colorectal cancer, lung cancer or prostate cancer who had been told of their diagnosis.

**The disease process can become very frustrating – use these tips to be a better caregiver:**

- Avoid becoming frustrated by remembering that your Loved One cannot help their current condition – they are not doing this on purpose. It is the disease “talking”.
- Keep your questions very simple and speak slowly.
- Call them by their first name.
- 😊 **SMILE!**

### Can you make a difference?

*Donations are always appreciated!*

**Dementia Caregiver Resources, Inc.**

**P.O. Box 7677**

**Seminole, FL 33775**

### WE ALWAYS NEED USED INK CARTRIDGES



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Alzheimer's Foundation of America  
*Together for Care...in addition to Care*

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