

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH OCTOBER 2023

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

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www.dementiacaregiverresources.org



SUPPORT GROUPS

A loved one has been diagnosed with a form of dementia or you may have just placed your Loved One in a memory care community and you're wondering what now? What do I do next? Where is this leading? Join us to find solutions.



2nd Tuesday of Month

Oct. 10th Nov. 14th Dec. 12th

TIME: 2:00PM-3:30PM

620 Belleair Road - Clearwater, FL 33756

For more info, Call: (727) 467-9464

ad.belleair@pacificaseniorliving.com



The INN at FREEDOM SQUARE

2nd Wednesday of Month

Oct. 11th Nov. 8th Dec. 13th

TIME: 1:30PM-3PM

10801 Johnson Blvd. - Seminole 33772

RSVP: Eric Kane (727) 398-0363

kaneeric@freedomsquarefl.com



Oct. 14th 10:30AM - Noon

3055 Union St. - Clearwater, FL 33759

(727) 260-2826 t.dacey@aravillaclearwater.com

The **MEDICARE "OPEN ENROLLMENT"** period is from Oct. 15 – Dec. 7, 2023. The SHINE (Serving Health Insurance Needs of Elders) Program provides health insurance information and free, unbiased, and confidential counseling assistance to **MEDICARE** beneficiaries, their families, and caregivers. This empowers Florida seniors to make informed health care choices.

Visit: <https://www.floridashine.org/>



The Law Office of Sean W. Scott

With age, the burdens of estate planning grow. Areas such as long-term care, advance directives, and inheritance wishes suddenly zoom into view. These topics often involve complex legal matters. An **elder law attorney** can help you manage these areas, optimizing your finances and assets to ease the financial burdens when a loved one becomes ill.

For a free consult, call: (727)539-0181

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



Businesses that are "**bonded**" – typically those that work at your home – do background checks on employees. But bonding provides other protections, including coverage if the job is not completed. If the homeowner has missing or broken items like jewelry or other expensive items, they can make a claim on the bond and be compensated.

"**Insurance**", on the other hand, covers liability issues that may arise in the course of someone's work. If a caregiver is injured in a fall, the agency's insurance would provide compensation, not you or your insurance carrier. When hiring a contractor or business to do work in your home, ask if they are bonded and insured and ask to see the documentation that verifies it.



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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Dementia Behaviors and the 7 “R”s

In dementia, the issues may include:

- Verbal and/or Physical Aggression
- Agitation
- Confusion
- Wandering
- Disinhibition (removing clothes, sexual behaviors, or urinating outside of bathroom)
- Delusions
- Hallucinations
- Restless or Repetitive behavior (like pacing, shadowing, rummaging).

A widely recognized *approach* in dementia care is the "7 R's" framework, which focuses on individual care and may include these essential elements:

1. Reassure the person.
2. Review the possible causes.
3. Remove any triggers.
4. Redirect behavior or attention.
5. Restore yourself.
6. Review what happened.
7. Reach out for help as needed.

You can't reason with the person to get out of these situations. You need to look for the reason why it's happening in the first place.

To turn things around, consider:

- **WHY This?** There's almost always a "WHY" behind a dementia behavior.
- **TRY This!** Build off that insight to TRY different ways of shifting the behavior to something less intense, more appropriate, or more positive.

☹️ Developing **NEW MEDICINES** is a slow process. The pace can be frustrating for people with Alzheimer's and their families who are waiting for new treatment options. **There is NO CURE at the present time**, but there are many strategies currently being studied regarding Alzheimer's disease. *These include:*

- Taking aim at plaques
- Preventing destruction of brain cells
- Prevent tau protein from forming tangles in the brain
- Looking at insulin changes in the brain
- Heart and head blood vessel connection
- Lifestyle choices

Results are mixed in some of the newest approved drugs, and insurance coverage may be very limited. Side effects and disappointing results from recent clinical trials tell us that there is a lot of work to still be done, and WE often need to make personal wellness choices to stay on top of our game!



♥️ 25 years of assisting caregivers ♥️

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P.O. Box 7677 - Seminole, Florida 33775

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

😊 Karen received her latest letter of approval from AHCA, (Agency for Health Care Administration), to continue to provide the Assisted Living Facility CORE training for administrators and management staff in ALF's. If your community or team needs this 26- hour course, please let me know and we can arrange a schedule.



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