

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH OCTOBER 2026

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

drkaren@bookofhope.us

<http://www.dcrinc.org/>

OCTOBER SUPPORT GROUP'S



Clearwater

→ **Tuesday October 13th - 1:30PM**

3055 Union St. 33759 (727)260-2826

j.pham@aravillaclearwater.com



The INN at FREEDOM SQUARE (3rd Floor)

→ **Wednesday October 14th - 1:30 PM**

10801 Johnson Blvd. - Seminole 33772

(727)398-0363

damigodeana@freedomssquarefl.com



→ **Tuesday October 20th - 1:30PM**

2010 Greenbriar Blvd. Clearwater 33763

(727)735-6200

isahhar@preserveatdunedin.com

Lewy Body Dementia (LBD) is known for fluctuating cognition. This often means that a person with LBD can be alert and engaged one moment and confused or unable to respond quickly the next. This can happen within minutes, hours, or days and is unpredictable.

NOTE on Long-term care:

We are moving away from a system where it was enough to have policies and procedures on paper, and toward a system where providers must prove those policies are being followed and are effective. This means documentation, training, and day-to-day practices must all align. Facilities must be able to demonstrate competency and be able to justify and defend it.



SCOTT

Legal Advocates
for Aging Americans.

Hospital Discharge Planners serve an important role in arranging safe transitions and post-hospital care. Their job does not usually include detailed guidance on Medicaid rules, nursing home costs, or elder law planning. Hospital Discharge planners can help arrange a skilled nursing placement (Rehab), but they may not explain payment after Medicare coverage ends. Medicare covers skilled nursing care only for a **limited time** while specific medical and eligibility requirements continue to be met. If long-term care is needed, Medicaid might help cover nursing facility services for an eligible applicant. Eligibility includes financial requirements, medical criteria, and an **approved level of care**. The Medicaid application also requires financial records and supporting legal documents. Missing information can delay a decision or affect eligibility. Starting the Medicaid conversation during the hospital stay gives your family more time to prepare. An elder law attorney can review eligibility, gather records, and help prepare the Medicaid application.

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

or visit: <https://virtuallawoffice.com/>



"All the great things are simple, and many can be expressed in a single word:"

---WINSTON CHURCHILL

**Freedom
Duty**

**Justice
Mercy**

**Honor
Hope**

Light for the Journey - Courage for the Soul

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"A copy of the official registration and financial information may be obtained from the division of consumer services by calling toll-free within the state. Registration does not imply endorsement, approval, or recommendation by the state." 1-800-435-7352 <https://www.fdacs.gov/>

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The new Florida DO NOT RESUSCITATE (DNRO) amendment is effective as of Sept. 17, 2026

- **Not an Advance Directive:** A Do Not Resuscitate Order (DNRO) is a specific **medical order**, distinct from a living will.
- It requires signatures from both the patient (or their legal surrogate, proxy, or guardian) and the health care provider.

<https://www.floridahealth.gov/wp-content/uploads/2025/08/dnro.pdf>

EMOTIONAL INTELLIGENCE (EI) or (EQ)

EI is the ability to understand, use, and manage your own emotions in positive ways. It also means you can understand and handle the emotions of other people.

EI has four main parts:

1. **Self-awareness:** Knowing what you feel and why.
2. **Self-management:** Controlling your reactions.
3. **Social awareness:** Empathizing with others.
4. **Relationship management:** Communicating and resolving conflicts well.

A person who lacks EQ might also have unexpected **emotional outbursts** that seem overblown and uncontrollable. The smallest things set them off into a tirade that can last for minutes, hours, or longer. They often have poor self-regulation: Throwing tantrums, yelling, or overreacting to minor inconveniences.

Name-calling is a prominent, direct example of low emotional intelligence. It occurs when a person lacks the emotional vocabulary or self-regulation to address a conflict constructively, resorting instead to verbal attacks to demean another person.

Holding long grudges: Refusing to forgive past real or perceived wrongs and carrying stress instead of letting go. In personality frameworks like the Myers-Briggs Type Indicator, those with a "Judging" preference seek closure and structure, making them more prone to holding onto unresolved issues.

Keeping a grudge alive often has real consequences: to include:

- Keeps stress hormones like cortisol elevated.
- Increases risks for anxiety, depression, and high blood pressure.
- Derails, obstructs and complicates present-day relationships.

While you cannot force someone to change, you can change how you interact with them. **Be direct:** Do not expect people with low EQ to read between the lines, pick up on hints, or understand non-verbal cues. State what you need plainly and avoid sarcasm or irony. **Focus on facts:** Keep conversations rooted in objective realities rather than emotional nuances or assumed motives. This prevents circular arguments and defensiveness. **Protect your energy:** Do not match their reactivity or let arguments drain you. Slow down the pace of the conversation, use controlled breathing, and step away if things become futile.



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P.O. Box 7677 - Seminole, Florida 33775

WE ALWAYS NEED USED INK CARTRIDGES!

Your donations make all the difference!

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