



A decision as important as *life* itself.™

SUPPORT GROUP

Support Group for persons with Mild Cognitive Impairment, Early stages of Alzheimer's disease and Memory Loss and their families.

Next meeting:

September 21st 9:30a.m.

Speaker: Jack Swanton of Coastal Behavioral Center

Topic: Safety -Life Skills

Location: Senior

Friendship Center-Center for Healthy Aging, 1900

Brother Geenen Way, Sarasota

THE MEMORY DISORDER CLINIC

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Sponsored by Sarasota Memorial Hospital and State of Florida Department of Elder Affairs

Understanding In-Home Care

As we age many of us prefer to stay in our own home. However, this is often only possible with extra help. With the growing numbers of older adults in need of support to live independently, agencies now offer many different home and community based care options, including **homemaker/companion** and **health care**.

Homemaker/companion services are for people who need non-medical assistance to remain at home. Homemakers can do meal planning and preparation, light housekeeping, laundry, shopping and errands, transportation to appointments and respite care. For someone who has been isolated for any reason, illness, hearing, sight or memory loss, a companion can make a real difference in quality of life, and provide comfort to family members who might not be able to provide necessary support. Services can be arranged for two to twenty-four hours a day. These services are not covered by Medicare and are generally paid for privately or in some cases by long-term care insurance.

Home health care is designed to address health care needs and may include skilled nursing care, rehabilitative therapy, wound care, giving medicines, and personal care. This care can be covered by Medicare **if** the person has a) Medicare Part A, b) a medical necessity or skilled need (nurse, physical therapy or occupational therapy), c) is substantially homebound, d) care is ordered by a physician, e) the patient or caregiver is teachable, and f) the treatment has a predictable end date. Medicare generally only covers services that are short term and intermittent. The nurse, home health aide, or physical therapist would come in for a short visit and not stay for an extended period of time. Medicare does not cover full time care.

Medicare home health is often ordered when a patient has a newly diagnosed condition that can be treated at home (i.e. diabetes or wound care) or when a person is being discharged from the hospital or nursing home. In addition, Medicare often pays for home health services for Hospice patients. For those who need hands-on assistance beyond what Medicare covers, home health care can also be paid for privately or occasionally by long term care insurance.

Most all of us want to remain in our homes for as long as we can. When our independence is threatened by illness or accident, it is good to know that home care is one option to obtain the support necessary to allow us to remain in the comfort of our own homes.

**By Claudette Pokone, Branch Manager
Senior Home Companions**

Planning Ahead for Increased Care Needs

Learn about the options for care.

- ❖ In home care (see page 1)
- ❖ Adult day care
- ❖ An assisted living facility (for those who have some self-care abilities)
- ❖ A nursing home (different facilities offer different levels of care)
- ❖ Hospice care (for final stages)

Consider financial factors.

- ❖ Compare the cost of hiring caregivers at home with the cost of residential care.
- ❖ Ask facilities about costs for all services a resident may need.
- ❖ Ask insurers what your loved one's plans will and won't cover.

Visit several facilities. There are several factors to consider such as:

- ❖ Location
- ❖ Licenses
- ❖ Medicare/Medicaid certification
- ❖ Staffing and special programs
- ❖ Availability
- ❖ Costs
- ❖ Services – including activities programs
- ❖ Food quality
- ❖ Resident safety
- ❖ Social atmosphere
- ❖ Cleanliness of rooms and public areas

Recognize the signs that home care may no longer be the best option for your loved one.

- ❖ If you have difficulty continuing to meet the physical and emotional demands of care
- ❖ If your loved one becomes unable to control body functions or do any self care.
- ❖ If YOU are developing health problems as a result of care demands and stress

Placement is never an easy decision. Remind yourself of your main goal to provide the best possible care for your loved one.

What's on your mind?

Q: My father was diagnosed with Mild Cognitive Impairment several months ago. As his condition progresses, he tends to get confused and lost more and more and I am increasingly concerned for his safety. Is there an accessory that can be worn that can actively track his location so that we can find him if he gets lost, even if he can't find his way to us?

A: This truly is a warranted concern and you are not alone. The tendency for individuals with dementia related disorders to become lost in places that were once familiar is a significant problem. It is truly frightening to picture a loved one wandering away from home and becoming lost.

In answer to your question, there are a number of local and national organizations which offer bracelets that can help identify loved ones with Alzheimer's Disease or a related illness. For example, with a \$40 enrollment fee, the Alzheimer's Association has an engraved identification bracelet or necklace as well as iron-on clothing labels to assist you 24 hours every day, whenever a person is lost, near or far (call 1-888-572-8566 or visit www.alz.org/safereturn). MedicAlert in partnership with the Alzheimer's Foundation of America also markets an identification bracelet with a teal colored emblem to indicate the wearer has Alzheimer's disease (call 800-ID-ALERT or visit www.medicalert.org). This bracelet is engraved with a personal ID number, key medical facts, and the hotline to the 24-Hour Emergency Response Center.

These items however, do not 'track' patients. It is important if someone is becoming confused to provide a safe and secure environment. There are devices that can be purchased at home improvement stores and installed on doors to alert family if someone is attempting to leave. If you dad must be out of doors, arrangements should be made for supervision. A companion or family member could arrange to spend time completing errands etc.

Upcoming Events in the Community:



Memory Mobile

is offering free memory screenings at a location near you from 10am-2pm at the following locations:

- Sept. 11th Colonial Park Club
- Sept. 12th North County Library
- Sept. 13th Alterra Clare Bridge
- Sept. 14th St. James United Methodist Church
- Sept. 15th St. Jude Catholic Church

The Memory Mobile is made possible through funding provided by the Florida Dept of Elder Affairs and the Area Agency on Aging.

For additional information call the Alzheimer's Association at 365-8883

6th Annual Community Caregiving Forum Free Caregiver Education Continental Breakfast & Lunch

Friday, September 29th
8:30am-3pm

Held at the
MCC Lakewood Ranch Campus
7131 Professional Pkwy East
Sarasota

Call for reservations: 917-1779

Fall Festival

A day of health and wellness

Saturday, November 4th
9am-2pm

Held at Senior Friendship Center
1888 Brother Geenen Way
Sarasota

For more information call 917-7197

"Comedy Corner"

You May be Getting Old if...

You remember a time when pizzas were not delivered to our home. But milk was.



News Flash!

The Johnnie Byrd Alzheimer's Research Institute is now accepting research candidates

Contact Lorelei Lindenaux-Balazs MA; LMHC for details. 941-917-7197

Free Memory Screenings

The Memory Disorder Clinic offers **free memory screenings** at The Senior Friendship Centers on the 2nd Monday of every month in Sarasota and on the 1st Wednesday of every month in Venice. Call (941) 917-7197 to schedule an appointment.

Due to increased demand an additional screening location has been added.

Location: 1921 Waldemere Street

When: By appointment only

Please call 917-7197 for details.

Sarasota Memorial Hospital Memory Disorder Clinic Administrative Office Location

1700 S. Tamiami Trail
Sarasota, FL 34239
(941) 917-7197

www.sarasotageriatrics.com

Clinic Locations

1921 Waldemere Street
Suite 403, Sarasota
929 S. Tamiami Trail
Suite 203. Osprey