

## Mild Cognitive Impairment

Vs.

## Age Related Memory Loss

### SUPPORT GROUP

**Mild Cognitive Impairment**  
Education & Support Group for  
Families affected by MCI

**Next Meeting: Nov. 15<sup>th</sup>**

**Time: 9:30am**

**Topic: SCAT Services**

**Speaker:**

**Dominick Locascio**  
Mobility Coordinator,  
SCAT

**Location:**

**Senior Friendship  
Center- Center for  
Healthy Aging  
1900 Brother Geenen  
Way, Sarasota**

Individuals who have normal changes in memory associated with aging sometimes misplace an item, forget someone's name, or forgot to pick something up at the store. People with mild cognitive impairment, however, have more difficulty in specific areas. For example, they may have more difficulty in learning new information or recalling previously learned material. They may also have more frequent incidents of forgetfulness.

Mild Cognitive Impairment (MCI) is a general term most commonly defined as subtle but measurable memory disorder. MCI is generally characterized by isolated trouble with memory, generally first recognized by the patients themselves, or by close family members. In most cases (though not all) other cognitive functions like language and executive functions remain intact.

People with MCI remember much less of what they have just read or seen than people who have only normal memory changes associated with aging. Individuals with MCI have difficulty remembering information after a brief delay. Typically, the complaints include trouble remembering the flow of the conversation, and an increased tendency to misplace things or similar problems.

Discuss any signs of memory loss with your primary care physician. Persons with MCI should be made aware of their diagnosis and everything possible to stay healthy and preserve brain function. Making healthy lifestyle choices, such as eating right, exercising regularly, staying mentally active in activities you enjoy is an important part of maintaining brain functions.

Research has reported that people with MCI develop dementia at a rate of approximately 12% per year. Given this rate, within five years about half of the patients with MCI develop dementia. Current research to identify treatments that can delay or prevent the onset of Alzheimer's disease is on going. Staying healthy and active is currently our best defense.

### THE MEMORY DISORDER CLINIC

#### Medical Director

Bruce E. Robinson, MD, MPH

#### Clinical Team

Alan Grindal, MD, Neurology

Theodore Probst, MD, Neurology

Amy Barr, Ph.D.,

Neuropsychology

#### Program Coordinator

Kathleen Houseweart, MBA

#### Editor

Amy Sapanero

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

## How Relationships Can Change

Alzheimer Disease does not change the need for the love and affection but it changes many aspects of a relationship.

You may lose the companionship of someone who has been close and important to you. It will be necessary to find different ways to express your feelings.

Alzheimer Disease can also affect the sexual relationship of partners. It can change a person's interest in sex: either increasing or decreasing it.

The physical ability to have sex is also affected. Both men and woman can have trouble if the disease has made them uncoordinated. A person with Alzheimer's may be overly affectionate at the wrong time or place. This can be embarrassing. If this happens, explain the disease and its effects to the people involved so that they will understand.

If any problems with your relationship become difficult to handle, discuss them with someone. You could talk with family member, friends, the people in a support group, with your doctor or other professional. Problems with relationships are common as spouses (or adult children and their parent) take on new roles. Support and understanding from others can make a difference.

\*\*\*\*\*

### Caregiver Tip: Set Priorities

**Do the important things first. Don't expect to accomplish all the things you were able to do before you care giving days. Lastly, take care of yourself.**

## Respite Care

Caring for a loved one with memory impairment is a wonderful labor of love, but the 24 hour responsibility can leave little time for anything else. Often the caregiver needs a rest from the stress of this challenging responsibility or some practical time away from home. Respite care or a short-term stay program might help.

Facility respite programs range from part-time, full-time day to overnight. Part-time and all-day respite can include activities, meals, snacks, and assistance with activities of daily living. Overnight stays provide the same services with sleeping accommodations. The caregiver benefits with a break from the responsibility, with guiltless time to spend on him or herself. While the loved one with dementia also benefits with a healthy routine amongst his or her peers.

The Alzheimer's Association Florida Gulf Coast Chapter has a Respite Care Collaborative Partnership for emergency respite care as well as caregiver burnout for day care, in-home care or short term placement. For more information about this program, contact the Alzheimer's Association at 365-8883.

\*\*\*\*\*

*Music, art, pets and other types of therapies can help enrich the lives of people with Alzheimer's disease.*

\*\*\*\*\*

**November 13<sup>th</sup> is National Memory Screening Day!**

**To schedule a free screening call 917-7197 to schedule.**

## 10 Tips for Caregivers

1. Care giving is a job and respite is your earned right. Reward yourself with respite breaks often.
2. Watch out for signs of depression. Don't delay in getting professional help if needed.
3. When people offer to help, accept the offer and suggest specific things they can do to help.
4. Educate yourself about your loved one's condition and how to communicate effectively with the doctors.
5. There's a difference between caring and doing. Be open to technologies and ideas that promote your loved one's independence.
6. Trust your instincts. Most of the time they'll lead you in the right direction.
7. Caregivers often do a lot of lifting, pushing and pulling. Be good to your back.
8. Grieve for your losses, and then allow yourself to dream new dreams.
9. Seek support from other caregivers. There is great strength in knowing you are not alone.
10. Stand up for your rights as a caregiver and a citizen.

\*\*\*\*\*

# Happy Thanksgiving from the Memory Disorder Clinic !

## Community Event

### **“Responding to Challenging Behaviors”**

Our very own Kathleen Houseweart will be presenting an informational seminar for caregivers on **November 28<sup>th</sup> at 2:30 pm**. This event is open to the public and will be held at **Clare Bridge 8450 McIntosh Road. Please R.S.V.P. to Jerilynn 927-7600.**

\*\*\*\*\*

### **Photo Memory Workshop**

The Memory Clinic at Sarasota Memorial Hospital Held its first Photo Memory Workshop in October. The class was put together by Lorelei Lindenaux-Balazs LMHC as a way to promote brain health.

The class spent three 2 hour sessions discussing the 'stories' of each picture and putting together presentations for the class. The final class session included the story presentations. A wonderful time was had by all. Each participant received a certificate of participation at the end of the class.

Participants were enthusiastic and encouraged staff to repeat the program. It is hoped that there will be enough interest to repeat the program after the first of the year.

\*\*\*\*\*

**Sarasota Memorial Hospital  
Memory Disorder Clinic  
Institute for Advanced Medicine  
5880 Rand Blvd., # 205  
Sarasota, FL 34238  
(941) 917-7197**

**Located just ½ mile from I-75 on the south  
side of Clark Road.**

**[www.sarasotageriatrics.com](http://www.sarasotageriatrics.com)**