

SUPPORT GROUP

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

Meeting: Jan 18, 2007

Time: 9:30am

Location: Senior Friendship Center for Healthy Aging, 1900 Brother Geenen Way, Sarasota

Speaker:

Edwin Boyer, Esq. of Boyer Jackson Law Firm

Topic: End of Life Issues

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

Editors

Amy Sapanero
Lorelei Lindenaux-Balazs

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Time to Get Your Affairs in Order

The start of a New Year is a great time to get things in order - from organizing your closets to taking care of planning for long term care needs such as medical decision making and end of life issues. Making decisions about medical and end of life issues can be very complicated. Communicating your wishes to those around you is an important part of your planning process. Frank discussions with friends and family can help everyone understand what your wishes are. While these decisions are extremely personal, it is often helpful to consult with a professional familiar with the legal tools available to make sure that your wishes are carried out. Some of these tools are listed below.

Health Care Advance Directive- is a document that expresses a person's desires concerning any aspect of his or her health care. There are different types of advance directives such as living will and health care surrogate designation.

- ❖ **Living Will** is a written document that directs the providing, withholding, or withdrawal of life prolonging medical procedures if you are unable to make your own decisions.
- ❖ **Health Care Surrogate Designation** is a written document naming another person as your representative to make medical decisions for you in the event that you are unable to make your own decision.

A **will** is a legal declaration of how a person wishes to have their possessions disposed of after their death. Assigning an Executor of your will does not provide that individual any authority while you are alive.

Do Not Resuscitate Order (DNRO) is a medical form, provided by a physician to alert medical professionals that a person does not wish to be resuscitated from respiratory or cardiac arrest.

Durable Power of Attorney is a written document naming another person to act in your behalf in a variety of activities (financial, legal, etc.). This can sometimes include medical decision making.

There are many variations to these few legal forms mentioned above. Always seek the professional advice of an elder law attorney to help you decide which of these documents could be beneficial for you. Keep in mind if you already have some of these documents in order, they should be reviewed periodically and appropriate changes made when necessary.

Safe Return Caregiver Checklist

What to do if someone is missing:

Step 1: Quickly search the immediate area.

Search the area where the person was last seen. If you do not find the person after completely searching the area, then go to Step 2.

Step 2: Call the Police. Tell the police the person is memory impaired and explain the urgency to locate the person quickly. Inform them that the missing person is enrolled in the Alzheimer Association Safe Return Program and you will be calling Safe Return next. Be prepared to answer the following questions:

- What was the person wearing when last seen?
- Do you have a recent photo?
- Was the person walking or driving? (Provide license and description of vehicle)
- Does the person have any other medical conditions or need medications?
- Does the person have access to money, ATM, credit cards?
- Are there special danger areas in your neighborhood?

Write down the name of the officer who takes your report as well as a case number.

Step 3: Call the Alzheimer's Association Safe Return program at 1-800-572-1122. Have the Safe Return ID No. in front of you (located on the phone sticker, kitchen magnet, jewelry and wallet cards). Safe Return will fax the local police department and your local Alzheimer's Association Chapter a report that includes the photo submitted during registration.

Step 4: Contact a family member or a local friend to stay with you. Try to stay calm, and follow the directions from the police and Safe Return staff.

Step 5: Do not leave. Stay close to the phone so the police can reach you with information.

Step 6: Stay off the phone. Keep phone lines open so the police or missing person can contact you.

Safe Return Caregiver Checklist

What to do when the missing person is found:

- ❖ **Call the local police.** Tell the police the missing person has been found.
- ❖ **Call the Alzheimer's Association Safe Return program at 1-800-572-1122.** The Safe Return staff will inform all involved that the missing person has been found.

How to update the registration information:

Remember to notify the Alzheimer's Association Safe Return program at 1-888-572-8566 if any of your contact information changes. It is very important that the program has the most up to date information available.

Informational Cards to Help Caregivers

So often we think of Dementia or Alzheimer's disease as only memory trouble. Unfortunately, as many families and caregivers already know Alzheimer's disease and other dementing illnesses affect much more than memory. Dementias, such as Alzheimer's or vascular dementia, can also result in impairments in language & communication, decision making, reasoning, and ability to perform routine tasks. These illness also often effect behavior and personality.

This often can be made less difficult if those you interact with – wait staff, store clerks, etc. - are aware of the difficulty, and are willing to offer patience & assistance.

To assist in these situations pocket sized pre-printed cards were developed by a Lee County Alzheimer's Center, who shared the idea with our office. The card informs those who receive it that a person has memory problems and may have trouble communicating. The card also provides a space for a caregiver to put emergency contact information. In the right situation, this could provide a discreet and tasteful way to avoid some very uncomfortable situations. If interested in receiving some of these cards call 917-7197.

Tips for a Healthy Brain

Follow these tips to help keep your brain—
and your body—vibrant and healthy
throughout your life...

Do...

- Exercise your body regularly and get involved in physically active leisure pursuits
- Keep your mind exercised! Engage in active learning throughout life and pursue new experiences
- Stay socially engaged with friends, family and community groups
- Maintain a positive attitude and a sense of control over your life
- Take steps to manage stress
- Eat a balanced diet
- Mind your numbers: Lose any extra pounds, lower your cholesterol if it is high, and keep your blood glucose and blood pressure under control
- Get adequate sleep
- Get proper medical attention and treatment for any underlying health problems

Don't...

- Drink to excess, smoke, or use illicit drugs
- Ignore sudden changes in mental status (but don't be overly concerned about normal slips of memory like forgetting names or where you put the keys)
- Avoid going to the doctor if you notice changes in your physical or mental health
- Overlook the possibility of drug interactions that can affect mental functioning, especially if you are taking more than one prescription medication
- Become isolated in your home
- Think you're too old to take up something new!

*The Memory Disorder
Clinic staff would like
to wish everyone a
Happy and Healthy
New Year!*

“Comedy Corner”

**We know we are getting older when
we look for our glasses for a half hour
and find that they were on our head
the whole time.**



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.

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**