

SUPPORT GROUP

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

Next Meeting: Nov. 20th

Time: 9:30 am

**Topic: Telephone Services
for the Deaf & Hard of
Hearing**

**Speaker: Florida
Telecommunications Relay**

**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

Tips for Living with Memory Impairments

Living with memory impairments or Alzheimer's disease is a challenge for anyone. It's difficult to remember things, make decisions, and find your way around like you used to. It can be frustrating a good deal of the time. There are good days and bad days.

Basic ways to cope with memory problems:

- Always keep a book with you to record important information, phone numbers, names, ideas you have, appointments, your address, and directions to your home. Keep track of phone messages by using an answering machine.
- Arrange for direct deposit of checks, such as your retirement pension or Social Security benefits.
- Inform your bank if you have difficulty keeping track of your accounts and record keeping. They may provide special services for people who have Alzheimer's.
- Ask a family member or a friend that you can trust to check in on you from time to time.
- Local Alzheimer organizations or Aging Resource Center (800/963-5337) can tell you how to get help with things like shopping, housekeeping, meals (including home-delivered meals), and transportation.
- Find things to do that you enjoy and are able to do safely on your own. It will be easier to accomplish tasks during the times of the day when you feel best.
- Allow yourself the time to do the things you need to do, and don't feel rushed or let other people rush you. If something gets too difficult, take a break.
- Ask for help if you need it.

It is important to realize that at some point, it will become too difficult or dangerous for you to handle some things by yourself. When memory problems are mild, many people manage on their own -- with support and help from friends, family, and community programs and with simple adjustments and safety practices in place.

Unpredictable Situations

People with Alzheimer's disease can act in unpredictable ways. It is important to remember that the person is not acting this way on purpose. Whatever the behavior, try to identify the cause and possible solution.

Bold behavior: Individuals with Alzheimer's disease may forget that they are married and begin to flirt or make inappropriate advances toward others. When there is unusual, inappropriate behavior, try to distract the person with another activity or lead him or her into a private place. Avoid getting angry or laughing at the person.

Inappropriate dressing: The person may forget how to dress or take clothes off at inappropriate times and in unusual settings. For example, a woman may remove a blouse or skirt simply because it is too tight or uncomfortable. Help the person dress by laying out clothes in the order they need to be put on. Choose simple, comfortable clothing.

Shoplifting: The person with Alzheimer's may not understand or remember that items must be paid for. He or she may casually walk out of the store without paying — unaware of any wrongdoing. Have your loved one carry a wallet-size card that states that he or she is memory-impaired or make sure that they are registered with the *SafeReturn* program so that emergency responders know that they have a medical condition affecting behavior.

Caregiver Tip

Before you leave your loved one alone for even a short time, answer these questions:

- *Can your loved one call 911 or neighbors in an emergency?*
- *If they're hungry, can they prepare a meal safely without assistance?*
- *In case of emergency, are they capable of leaving the house and seek safety outside?*

If you answer "no," on any of these, seek assistance before leaving your loved one alone.

Accusing Behavior

Memory loss and confusion may cause your loved one to think in odd ways. They may become suspicious of you and others around them. Your loved one may accuse you of stealing, cheating or lying.

Common triggers:

- Mistaking what they see or hear
- Losing or misplacing things
- Forgetting where they are

Try not to react to their accusations by raising your voice or getting angry with them. There is no point to arguing or trying to reason with them. Instead try the following things that could be helpful:

- Reassure them that they are safe and that you care
- Listen to their point of view
- Listen to their feelings behind their words
- Give simple answers
- Offer to help them find what is lost

If they keep losing the same item over and over, keep several on hand. Replace the item and redirect their attention to something else.

Do not ask me to remember.

Don't try to make me understand.

Let me rest and know you're with me.

Kiss my cheek and hold my hand.

I'm confused beyond your concept.

I am sad and sick and lost.

All I know is that I need you

To be with me at all costs.

Do not lose your patience with me.

Do not scold or curse or cry.

I can't help they way I'm acting.

Can't be different though I try.

Just remember that I need you,

That the best of me is gone.

Please don't fail to stand beside me,

love me 'til my life is done.

Community Events

8th Annual Community Caregiver Forum

Caregiving: The Challenges, the Rewards

Friday November 14, 2008
9:30am- 3:00pm

Waldemere Auditorium
Sarasota Memorial Hospital
1700 S. Tamiami Trail
Sarasota, FL 34239

Free Lunch Provided: Respite available
Call for reservations 941-556-3268



“Normal Memory & Aging Lecture”

Longboat Island Chapel
6200 Gulf of Mexico Blvd.
Longboat Key, FL 34228

Tuesday, December 2, 2008 10-2pm
Lunch will be provided. Space is limited.
Reservations are required.

Call 941-383-6491 or email to
islandchapel@islandchapel.com

Information on care giving and dementia will
also be provided.

Words of Wisdom

There comes a point in your life when you realize: who matters, who never did, who won't anymore, and who always will.

So don't stress about people from your past because there's a reason why they didn't make it to your future.



Time to update our Mailing List

Please contact our office by December 1, 2008 if you would like to remain on our newsletter mailing list.

There are 3 ways to contact us:

1. Calling our office at **941/917-7197**.
2. Complete and mail the reply portion on back page of newsletter to our office :
Memory Clinic
5880 Rand Blvd., #205
Sarasota, FL 34238
3. Email: Amy-sapanero@smh.com

This helps us keep mailing and printing costs under control. And as always you can receive our newsletter electronically. Just provide us with your email address.

FREE Memory Screenings

1st Wednesday of the month, 1-3 pm Senior Friendship Center, 2350 Scenic Drive, **Venice**

2nd Monday of the month, 2-4 pm Senior Friendship Center, Caregiver Resource Center 1820 Brother Geenen Way, **Sarasota**

For appointments call 941/917-7197

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

Located just 1/2 mile from I-75 on the south side of Clark Road.

www.sarasotageriatrics.com