



A decision as important as *life* itself.™

### **SUPPORT GROUP**

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

**Next Meeting: Jan. 17th**

**Time: 9:30 am**

**Topic: Updates in Local  
Alzheimer's Research**

**Speaker: Representative  
Roskamp Institute**

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

### **THE MEMORY DISORDER CLINIC**

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### **RECOGNIZING DEPRESSION**

Depression is a medical condition that can affect your thoughts, feelings, physical health and behaviors on a daily basis. Depression affects million's of Americans each year and is more likely to strike those over the age of 65 than younger individuals. Depression is found in 20% of persons with Alzheimer's disease and in up to 50% of Alzheimer's caregivers. However, many people fail to get treatment since they are hesitant to talk about their symptoms with their doctor.

**Here are some of the most common signs of depression:**

- Feelings of sadness
- Fatigue and lack of energy
- Difficulty in concentrating, remembering things or making decisions
- Loss of interest in usual activities
- Sleeping too much or too little
- Change in weight
- Feeling of guilt or worthlessness

Persons with Alzheimer's commonly exhibit signs of depression in the early stage of the disease. Since depression and dementia share common symptoms, it is often misdiagnosed. As a result, depression is often untreated in persons with memory impairments. However, effective treatment can improve quality of life – even in patient with dementia.

Caregivers of individuals with dementia are at even higher risk of depression. The stress of care giving can lead to many physical ailments, including depression. Effective treatment for depression often includes medication and/or counseling. Though the finding the correct treatment can take time, nearly all people who suffer from depression improve with treatment. Consult your primary care physician if you have any of the symptoms listed above and make the new year a better one.

## Emotional Aspects of Alzheimer's

Alzheimer's disease affects a person's ability to think, communicate and perform basic activities of daily living. But, the person with Alzheimer's experiences feelings of joy, sadness, fear, anger and jealousy. Caregivers need to learn to recognize and respond to these feelings.

The caregiver can learn to help the person with Alzheimer's deal with their emotions by understanding the person's reactions to in certain situations. Caregivers should exercise patience, sensitivity and a sense of humor. The following suggestions may help.

- Appreciate and acknowledge them as a person.
- Communicate slowly and calmly- Give them time to hear your words and prepare a response.
- Be positive and reassuring- Try to identify feelings rather than argue about facts.
- Tell the person what to expect- Prepare them for what's about to happen.
- Match your actions to your words- Use the same words when repeating the message so there is no confusion.
- Help them remain independent- Instead of assuming that the person can't perform certain tasks, put the emphasis on the ones they can do.
- Talk about and name emotions-Acknowledge an emotion by giving it a label. This may encourage them to discuss these feelings further.
- Repeat enjoyable activities –Remember the value of repetitive activities and exercise.

Source: Alzheimer's Association

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*The Staff of the  
Memory Disorder Clinic  
wish you a Happy New Year*

## Coping with Changes in Daily Life

Early problems with memory and thinking can bring significant changes in your day to day experiences. Things you once did easily will become increasingly difficult. The following suggestions may help you cope with the changes in your daily life and plan for changes that will occur in the future.

You may find familiar activities such as balancing your checkbook, preparing a meal or doing household chores more difficult. Try the following tips:

- Do difficult tasks during the times of day when you normally feel best.
- Give yourself time to accomplish a task and don't let others rush you.
- Take a break if something is too difficult.
- Arrange for others to help you with tasks that are too difficult.

You may begin to experience difficulty understanding what people are saying or finding the right words to express your thoughts. The following tips will make communicating easier:

- Take your time
- Ask the person to repeat a statement, speak slowly, or write down words if you don't understand.
- Find a quiet place if there is too much distracting noise.

Understand that at some point it may no longer be safe for you to drive. Discuss with your family and physician about how and when you will make decisions about driving.

Many individuals manage on their own during the early stages of Alzheimer's with support and assistance from others. The MCI Education & Support Group provides information on the early stages of memory loss call 941/917-7197 for further information on meeting times.

## Loss of Sense of Time

A person with dementia may experience an inability to judge the passing of time. They may feel that they have been deserted since they can no longer sense how long you have been gone. In order to know how much time has past, one must be able to remember what was done in the immediate past. Since short-term memory is generally impaired, the person with dementia has no way to measure the passing time.

It appears that dementia can also affect the internal clock that keeps us on a somewhat regular schedule of sleeping, waking and eating. Not being able to keep track of time can cause a person with dementia to worry about things such as being late for an appointment or repeatedly ask what time it is.

It may be helpful when leaving, even for a short time, to leave a written note telling them where you are and when you will be back. Calendars that mark the passing days may also be helpful. Be aware that many individuals with dementia are not safe on their own - even for short periods. Use good judgment and get in-home help when needed.

## Calendar of Events

**Caregiver Resource Center 1820 Brother Geenen Way, Sarasota 941/556-3268**

Jan 10, 1-2 PM Managing Difficult Behavior

Jan 14 1:30 – 2:30 Understanding Dementia

Feb 19, 21, 26, 28 Caregiver Assistance and Regional Education Program

**USF Academy for Lifelong Learning  
Selby Auditorium 8350 Tamiami Trail  
941/359-4296**

Feb 15 8:30-3PM The Aging Brain

## “On Your Mind” goes high-tech!

Now you can receive your monthly newsletter from our clinic via email. Simply complete and return the questionnaire on the back page to our office. We will email your newsletter to you every month. The past and present newsletters will also be posted on our website. Please visit our website at [www.sarasotageriatrics.com](http://www.sarasotageriatrics.com)

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## Back by Popular Demand 2<sup>nd</sup> Photo Memory Workshop



**Since the last Photo Memory Workshop was such a success Lorelei is hosting it again. The next session is to begin in February. It will be held at the Institute for Advanced Medicine at 5880 Rand Blvd. on the first floor in classroom B. Information is available by calling Lorelei Lindenaux-Balazs at (941)-917-4269.**



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

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