



A decision as important as *life* itself.™

SUPPORT GROUP

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

Next Meeting: Feb. 21st

Time: 9:30 am

Topic: Memory Exercise

**Speaker: George Rozelle,
Ph.D, MindSpa**

Location:

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

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

LIVING ALONE WITH DEMENTIA

When a person with dementia is living on their own, there are likely to be concerns about their ability to manage safely, especially as their dementia progresses.

A person with dementia should be able to make choices about their lifestyle as early as possible. Individuals should be supported in their wishes to remain in their homes as long as it is safe. Familiar surroundings and routines are reassuring, and most people are happier if they can continue to live in their own home. However, a person with dementia who is living alone will need increased support as their dementia progresses. There may be increased risk of self-neglect, exploitation, injury or the chance of living a very isolated life.

Caregivers and family members need to first evaluate how well the person with dementia handles daily tasks, such as eating well-balanced meals, bathing and dressing properly, taking medications and using the bathroom when needed. Other signs that might indicate a need for more supervision includes getting lost when walking or driving, auto accidents, forgetting to turn off the stove, letting strangers into the home or exhibiting suspicious or paranoid behaviors. Family members should observe them performing these routine activities instead of relying on the person's self-report, since people with dementia often do not have a clear picture of how well they are doing. They also may be reluctant to admit that they really need help.

Many safety hazards can be minimized with careful thought and planning. Family members should do a thorough assessment of the home to identify the need for assistance.

It's best to start early, with a family meeting to decide what each family member can offer now, and in the future. Everyone should agree on what is considered an acceptable level of risk and decide on arrangements for care when the risk of living alone becomes too great. Investigate support services early, before there is a crisis. Early planning can avoid accidents and make transitioning to increased assistance less difficult.

Is it Safe to Leave the Person with Alzheimer's Alone?

This concern needs careful ongoing evaluation. Answering the following questions may help you to make this decision.

Does the person with AD:

- Become confused or unpredictable under stress?
- Recognize a dangerous situation; for example, fire?
- Know how to use the telephone in an emergency or how to get help?
- Wander and become disorientated?
- Show signs of agitation, depression, or withdrawal when left alone for any period of time?

If answers to these questions indicate a problem, consider respite care or adult day care to make sure your loved one is supervised and safe.

Source: 'Home Safety for People with Alzheimer's Disease', Department of Health and Human Services

Falls and Injuries

While the risk of falls is increased for the entire aged population, Alzheimer's disease adds to the likelihood of a fall. This is due to changes in visual perception, muscle strength, gait, posture, balance and reaction time.

People with Alzheimer's may become clumsy, they can fall out of bed, bump into things, trip or cut themselves. It is easy to overlook serious injuries, since the person with dementia may not tell you they are in pain or may forget that they have fallen.

To help prevent falls, the caregiver should check for risk factors in the home. The caregiver should also routinely check for cuts and bruises that may be caused by falls. Changes in behavior may be your only clue to an injury.

10 ways to Maintain Your Brain

1. Head first- Good health starts with your brain. Talk with your doctor if you notice symptoms of memory loss.
2. Take brain health to heart. Heart disease, high blood pressure, diabetes and stroke can increase your risk of Alzheimer's.
3. Your numbers count. Keep your body weight, blood pressure, cholesterol and blood sugar levels within recommended ranges.
4. Feed your brain. Eat a low-fat, low cholesterol diet that features dark skinned vegetables and fruits; foods rich in antioxidants; vitamins E, C, and B-12; folate; and omega- 3 fatty acids.
5. Work your body. Physical exercise such as walking keeps the blood flowing and encourages new brain cells. Walking just 30 minutes a day can help keep both your body and mind active.
6. Jog your mind. Keeping your brain active and engaged increases vitality and builds reserves of brain cells. Read, write, play games, do word puzzles.
7. Connect with others. Leisure activities that combine physical, mental and social elements may be likely to prevent dementia.
8. Heads Up! Protect your brain. Take precautions against injuries. Use your seat belt when in a car, use a helmet while biking and unclutter your house to avoid falls.
9. Use your head. Avoid unhealthy habits. Don't smoke, drink excessive alcohol or use street drugs.
10. Think ahead- start today! You can do something today to protect your tomorrow.

Source: Alzheimer's Association

Calendar of Events

Solutions Regarding the Need for Wills and Trusts presented by Dr. Linda Ballou

February 7th 2:00-3:00pm

Harmony Healthcare 2600 Courtland Street

RSVP 941/952-9070

Caregiver Assistance and Regional Education Program (CARES)

Feb 19, 21, 26, 28

Caregiver Resource Center 1820 Brother

Geenen Way, Sarasota 941/556-3268

Free Memory Screenings

Wed Feb 6, 1-3PM Senior Friendship Center,
2350 Scenic Drive, Venice

Monday Feb 12, 2-4PM Senior Friendship
Center, 1900 Brother Geenen Way, Sarasota

For appointments call 941/917-7197

BRAIN EXERCISE

Write your full name on the top of a piece of paper. Look at the letters in your name. Write down all of the words you can make using those letters in your name. Then try it with someone else's name or the name of a business or church. This exercise can be done anywhere. It is quick, easy and fun.

ON THE LIGHTER SIDE

These days, I spend a lot of time thinking about the hereafter...I go somewhere to get something and wonder what I am here after.



**The staff of The Memory Clinic
wishes you**



“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

Back by Popular Demand 2nd Photo Memory Workshop



The next session of the Photo Memory Workshop starts February 4, at the Institute for Advanced Medicine at 5880 Rand Blvd. on the first floor in classroom B. Spots are still available. For information contact Lorelei Lindenaux-Balazs at (941)-917-4269.



**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