



A decision as important as *life* itself.™

SUPPORT GROUP

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

Next Meeting: April 17th

Time: 9:30 am

**Topic: Maintain Your
Memory**

**Speaker: Lindsay Iser of
University of South Florida**

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

Maintain Your Driving Health

It is well known that older adults are the fastest growing segment of the U.S. population. Today, there are 19 million drivers over the age of 70. What may be lesser known, is that older adults, as a group, are considered to be safer than other groups of drivers. In addition, age alone is not a predictor of poor driving abilities. However, age may contribute to possible deficits that affect driving ability.

Through a grant from the Department of Elder Affairs, Sarasota Memorial Hospital Memory Disorder Clinic is now offering **free at-risk driving screenings** for older adults! The screening uses a program called the *AAA Roadwise Review* that tests 8 different areas of ability imperative to safe driving: Leg strength and general mobility, head/neck flexibility, high-contrast visual acuity, low-contrast visual acuity, working memory, visualizing missing information, visual information processing speed, and visual search. This is NOT an on-road test. It only looks at risk factors. A mobility counselor will provide participants with suggestions on opportunities for improvement and referral for further testing if needed.

If you feel any of the following statements applies to you, the **Driving Health Safety Screening** could be helpful:

- Driving is stressful for me
- I have trouble seeing traffic signs
- Other drivers drive too fast, honk at me or appear out of nowhere
- I feel tired after driving
- Busy intersections make me nervous
- Medications I am taking make me drowsy or dizzy
- I have trouble turning the steering wheel or depressing the gas or brake pedals
- I get lost while driving
- My friends or family will no longer accept rides from me

Your driving safety is important; not just to you, but to other motorists as well! **Please call Maria at 941/917-7197 for additional information.**

Seven Tips to Help Boomer Children Communicate with Their Aging Parents

The following are some tips to help family caregivers communicate with their aging parents on these sensitive subjects.

1. **Get Started.** Use the 40-70 Rule. If you are around 40 and your parents are around 70, it's time to start observing and gathering information carefully about sensitive topics.
2. **Talk It Out.** Discuss what you've observed and ask your parents what they think. If your parents acknowledge the situation, ask what they think are good solutions. If your parents don't recognize a problem, use concrete examples to support your case, but if they don't agree - don't argue.
3. **Sooner is Best.** Talk sooner rather than later when a crisis has occurred.
4. **Don't Be Patronizing.** Put yourself in your parents' shoes and think of how you would want to be addressed.
5. **Maximize Independence.** Always try to move toward solutions that provide the maximum amount independence for the older person if possible. The point is that small changes now can avoid BIG changes later.
6. **Be Aware of the Whole Situation.** Often when there are major changes such a death in the family or someone becomes suddenly ill occurs the ones left can suffer various emotions. These emotions can present themselves in many ways like leaving the house in disarray or even signs of depression like not wanting to get out of bed.
7. **Ask for help.** Many of the issues of aging can be solved by providing parents with the support they need to continue maintain their independence. These resources can be found through local senior centers or Area Agencies on Aging. The Memory Clinic can provide contact information to these resources.

(Information provided by communication expert Jake Harwood, Ph.D. and HomeInstead Senior Care)

Dementia with Lewy Bodies

Dementia with Lewy Bodies (DLB) is being diagnosed with greater frequency across the US. A central clinical feature of DLB is a progressive, often rapid decline in brain function. Early in the disease this may not affect memory as much as other mental abilities. Problems with paying attention, organizing, and spatial skills may be affected first.

DLB is also unusual in that considerable variation in alertness and attention can occur throughout the day. Persons with DLB often have trouble with seeing things that aren't there (hallucinations) and believing things that aren't true (delusions), and may describe these things very clearly and in much detail. DLB also affects muscular activity, with most patients experiencing stiffness and tremors like those found in Parkinson's disease. Falls and passing out spells are also common. Depression is more often seen in DLB than in Alzheimer's disease. A disturbance in the dream phase (REM) of sleep also occurs.

DLB is important to identify when present, because persons affected have unusual sensitivity to the tranquilizers most often used for hallucinations (neuroleptics), and have severe adverse reactions when given these drugs. It is also felt that persons with DLB respond well to the cholinesterase inhibitors used in treatment of Alzheimer's disease. The speed of deterioration of DLB varies, but is generally faster than in Alzheimer's disease.

Five Million Older Adults with Alzheimer's

While many of the diseases that strike senior citizens are declining, the most feared – Alzheimer's Disease – is increasing at an accelerating rate. About five million elderly have the disease now, the organization says, but it projects 10 million Baby Boomers will join these dreaded ranks in the U.S.

(Provided by Alzheimer's Association)



2008 Memory Walk

April 5, 2008

Downtown Gazebo, Venice

Pre-Walk Activities: 8AM

Walk Step Off: 9AM

For More Information:

1-800-772-8672 or

www.alz.org

“Drive Well Program”

Tuesday April 8, 1:30-2:30pm, Senior Friendship Center, Sarasota. This program will discuss how to remain safe on the road. Program is facilitated by Kathleen Houseweart of the Memory Disorder Clinic. RSVP or for more information to Senior Friendship Center 556-3268.



Wednesday, April 16, 2008

1:00 p.m.-3:00 p.m.

Waldemere Auditorium

(1st floor of Sarasota Memorial Hospital)

You are invited to attend a FREE community program to participate in thoughtful conversations about your healthcare decisions and how to complete reliable advance directives. Come join us for a proactive exchange about making your wishes known. Presenters and Panel Members who are experts in the field will share information and answer your questions. Related FREE material will be available.

To register call: Sarasota Memorial HealthLine at 917-7777

Seating is limited so please RSVP by April 9, 2008.

Free Risk Screenings for Driving



The Memory Clinic is offering in-office **Driving Health Screenings**. Scholarships for full drivers' evaluations are also available on a limited basis. **Contact Maria Niecestro at 941-917-7197** for further information or an appointment.

FREE Memory Screenings

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

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

For appointments call 941/917-7197

“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

**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