

Medications and Mobility: What is their relationship?

SUPPORT GROUP

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

Next Meeting: July 17th

Time: 9:30 am

Topic: Healthy Eating

**Speaker: Registered
Dietician from Sarasota
Memorial Hospital**

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

For the vast majority of older drivers, taking medications on a daily basis is a regular occurrence. However, most consumers are unaware that these prescriptions or even over-the-counter drugs can interfere with essential abilities necessary for safe driving. Some of these include:

- Coordination-needed for braking, steering, etc.
- Reaction time-needed to respond appropriately
- Judgment-helps with assessment of risky situation
- Tracking-helps to maintain lane position
- Attention-ability to process various information
- Perception-allows you to maintain safe distance

The effects of drugs vary greatly among individuals and depend on a number of factors. Some effects can be influenced by the length of use, tolerance, overall health, individual sensitivity to the drug, metabolism, interactions with other medications and age. In fact, elderly individuals process medications differently than younger individuals, which could cause a more profound effect of the drug (e.g. the body reacts more strongly to smaller doses).

In addition, older adults may be more susceptible to these adverse effects or experience strong reactions because they take numerous medications and also because the body may not utilize the medication as effectively. These factors may cause unknown side effects or reactions including sleepiness, reduced cognition, coordination, judgment and attention, as well as altered perception.

The safest solution is to talk to your health care provider (i.e. your primary care physician) or your local pharmacist about possible reactions and side effects you may experience while taking *any* drug (even if it is an over-the-counter vitamin or supplement). Make sure you are aware of any possible adverse reactions and adjust your driving until you know how the drug will affect you. Consider limiting driving at night or during high traffic times, or just have someone else do the driving!

THE MEMORY DISORDER CLINIC

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Memory and Cognition

As aging occurs, for many, so too do declines in various abilities. For some, these changes include reduced short term memory and the skills required to compensate for such a deficit, as well as reduced decision making speed, and difficulty focusing attention (i.e. switching attention from one situation to another or dividing attention). However, the rate of change varies significantly among older adults and can be improved by staying mentally alert.

Some concepts and suggestions regarding staying sharp mentally include:

- **Flexible thinking:** the ability to see a situation from a different point of view. Try reading books, learning a new language, or taking a class.
- **Keen perceptions:** The ability to see, hear, taste and smell. Try attending a food festival or tea tasting, smelling & identifying various spices, or listening to music while identifying the tunes.
- **Using language and verbal communication:** The ability to understand, manipulate, and use words. Try writing a letter, composing lyrics for a song, or attending a discussion group & expressing your opinion regarding a subject.
- **Comfort in using numbers:** the ability to see numerical patterns and make calculations. Try balancing a checkbook, playing number games, or doubling or cutting in half a recipe.
- **Ability to reason and think things out:** The ability to develop, relate, and apply strategies. Try playing games of strategy including chess, bridge, poker, canasta or serving on a problem-solving committee or board.



Significance of Sleep

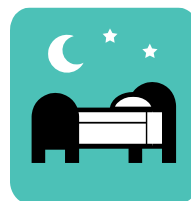
Most people are aware that adequate and sound rest is not only beneficial, but necessary to carry out most activities of daily living. What is less known are the factors that affect the significance of our slumber.

Mark the following statements true or false to test your sleep IQ.

1. Older people need less sleep than younger adults.
2. You can sleep better by keeping your bedroom dark and relatively cool.
3. Not enough exercise can contribute to sleeping problems.
4. Eating a heavy meal before bed interferes with natural sleep.
5. Drinking alcoholic beverages before bed leads the poor-quality sleep.
6. Drinking caffeinated beverages less than 6 hours before going to bed may contribute to sleep problems.
7. Getting up and going to bed at the same time every day does not make a difference in terms of the quality of sleep.

Answers

1. FALSE: Older adults require just as much.
2. TRUE: The body is tuned to feeling tired in the dark while restless in the warmth.
3. TRUE: Too little exercise can contribute to sleeping problems.
4. TRUE: Eating a heavy meal before going to bed does interfere with natural sleep.
5. TRUE: Alcohol before bed does produce a poor quality of rest.
6. TRUE: Drinking caffeinated beverages such as tea, coffee, or cocoa less than 6 hours before bed may contribute to sleep problems.
7. FALSE: Developing a regular sleep pattern tunes the body to anticipate sleep and contributes to better sleep quality.



Community Events

July 26, 2008

TWO PART SEMINAR ABC's Of Dementia & Care Giving

The Essentials For Good Care

This introductory session (9am-12pm) is designed to help caregivers, or the general public, to begin to understand what this disease is all about, how common it is, what common behaviors occur, and how the disease affects people differently. It will highlight the need for others to change their behaviors or responses in order to have more positive communication and outcomes when interacting with someone with dementia.

Lunch will be served 12:00 – 1:00 pm

Caregiver Skill Building And Problem Solving

This intermediate session (1pm-5pm) supplies caregivers with skills in providing help that is acceptable and appropriate for the person as the disease progresses. It offers a problem-solving approach that will help when challenging behaviors present risks and cause distress.

This session is very helpful when the caregivers are dealing with progression of the disease and are beginning to struggle with challenging behaviors and hands-on care-giving concerns.

**To Register Call: JoAnn Westbrook
941-365-0250 x 1114
or e-mail: jwest@pinesofsarasota.org**

**Cost for full day: \$45.00 (includes lunch)
When: July 26, 2008 (9am-5pm)
Where: Cullers Hall –Pines of Sarasota
1501 N. Orange Ave.
Sarasota, FL 34236**

“Comedy Corner”

**With age comes wisdom and skill- It is called
Multi-tasking...**

**We can laugh, cough, sneeze, fart
and pee all at the same time!**



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

“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. Past issues of the newsletters are also posted 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