



Financial Management

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

Next Meeting: Aug 21st

Time: 9:30 am

**Topic: Report on MCI
Studies**

**Speaker: Kathleen
Houseweart, MBA**

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

Editors

Amy Sapanero

Sponsored by Sarasota Memorial
Hospital and State of Florida
Department of Elder Affairs

Individuals with memory impairments may be unable to balance the checkbook, make change or may become irresponsible with their money. As they become less aware of how money is being spent, they may become anxious and suspicious that their money is being stolen.

Since money often represents independence, it is often difficult for anyone to give up control of their finances. You may consider gradually taking over some responsibilities, or balancing the checkbook and paying bills together. Some families avoid conflicts by giving their loved one small amounts of spending money. Then if it is lost or given away, it is only a minimal amount.

Many caregivers consider taking over financial control as an integral part of their responsibilities. When your loved one is cognitively impaired, it is important that the financial matters are handled appropriately. If the cognitively impaired person is confused and has trouble remembering appointments or when to take medications, it is unrealistic to expect them to pay bills on time or make sound financial judgments as part of their daily lives.

Understand that the impaired person may be at great risk for experiencing financial abuse or becoming a victim of a scam. Seniors in general are considered easy, lucrative targets by unscrupulous salespeople. This may be in part because many are lonely and often eager to engage in conversation over the phone with someone trying to sell them something.

In many cases older adults have complex financial resources that must be managed. It is often best to consult a professional elder law attorney to find out the best way to make sound financial decisions for someone who needs care. Also, remember to plan ahead. Many of the tools necessary to protect impaired individuals must be put in place early.

Take Charge of your Brain Health

The human brain is one of our most vital organs. It plays a vital role in every action, every thought, and just like the rest of our body needs to be looked after. By making healthy lifestyle choices now, we can reduce risk of developing memory impairments.

Staying connected socially helps us stay connected mentally. Research shows that people who regularly interact with others maintain brain function better than those who do not. Maintain old friendships and make new ones. Stay socially active through volunteer activities, travel, hobbies, family and friends. Be open to new experiences. Staying active and involved with life sends healthy messages to our brain and body. Being involved with others also helps to reduce stress, boost mood and keep relationships strong. Take action to be socially active by accepting invitations and extend a few of your own. Talk on the telephone or use email to stay in touch. Try to combine social activities with physical activities or a brain-challenging activity and enjoy yourself while positively impacting your brain health.

Challenge your brain by playing games like chess, word and number puzzles and memory games. Consider pursuing a new interest such as taking a class or going to the museum or theatre. Involve one or more of your senses in a novel way – write your name with the opposite hand or count out change by using sense of touch. Read a book and discuss it with a friend or book club. Cross train your brain by trying a variety of mental challenges.



What is ‘Executive Function?’

The term “Executive Function” is used to refer to higher-level cognitive abilities that enable an individual to successfully engage in independent goal-directed behavior. Executive Function allows us to get things done.

These skills are most commonly linked to the frontal cortex. Who we are, how we organize our lives, how we plan and execute those plans is largely guided by the frontal regions of our brain.

The term “Executive Function” is a business metaphor, since executives are thought to be able to oversee multiple tasks to enable the company to move forward in an efficient and effective manner. Executive functions include organization, attention, decision-making, planning, sequencing, and problem solving.

Behaviors associated with impaired executive function include socially inappropriate behavior, an inability to apply consequences from past actions, the inability to make the leap from the symbolic to the real world; and often have difficulty in planning and initiation. Often impairments in executive function lead to difficulty processing, storing, and/or retrieving information.

Those who suffer with impairments in executive function may also seem to have a change in personality. They may demonstrate lack of remorse and show apathy toward activities. They are often unaware or deny that their behavior is a problem. Problems with executive function can often be misdiagnosed. Sometimes neuropsychological testing is the only way to confirm this problem. Consult your primary care physician if you have questions about specific testing.

**Free “Aspects of Aging” Luncheon
Workshop Designed with Caregivers in
Mind Held at Harmony Pavilion**

We know that caring for a loved one can be very demanding and, at times, can leave you with more questions than answers.

Harmony Pavilion 2600 Courtland Street Sarasota is hosting a workshop series. Call 941-952-9070 to reserve your seat or to arrange for respite services. All presentations are from 11:30-1:00pm on the following dates:

Wednesday August 6, 2008

*“VA Benefits: Discovering Untapped Resources”
Guest speaker: Terry Acton of VA*

Wednesday August 13, 2008

“Affordable Safety Measures For the At-Home Senior”

Guest speaker: Art Josten, Manager Home Depot

Wednesday August 20, 2008

“Everything You Just Don’t Know to Ask: Medicaid, Probate, Estate Planning and Disability Planning, Guardianships and Special Needs Trusts”

Guest Speaker: Babette Bach, FL Board Certified Elder Law Attorney

Wednesday August 27, 2008

“The Accurate Diagnosis of Alzheimer’s and Other Dementia Causing Diseases”

Guest Speaker: Kathleen Houseweart, MBA Geriatric Services Manager, Sarasota Memorial Hospital

Call 941-952-9070 to reserve your seat.

Space is limited. Complimentary lunch will be served and respite care will be provided.

**Receive “On Your Mind”
by E-Mail**

Now receive your monthly newsletter from our clinic via email. Simply complete and return the information on the back page or log on to our website. www.sarasotageriatrics.com and contact us.

The CARE Program

**Caregiver Assistance and Regional
Education Program**

Sarasota County

September 2nd, 4th, 9th, 11th 2008

Attend all four sessions!

Many different topics will be discussed!

12:30pm-4:00pm

Hosted by:

Senior Friendship Centers

Caregiver Resource Center

1820 Brother Geenen Way

Sarasota, FL

The CARE Program provides care givers and family members **FREE** comprehensive education. The series will offer hands-on training, information on community resources and advice from some of Sarasota’s leading experts. To register or for more information, call 941-556-3268.

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 ½ mile from I-75 on the south side of Clark Road.

www.sarasotageriatrics.com