

### **SUPPORT GROUP**

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

**Next Meeting: Sept. 18th**

**Time: 9:30 am**

**Topic:** Exercising for Health

**Speaker:** Allison Abizaid  
Fitness Director- Healthplex  
Fitness Center

**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

## **Identifying Signs of Abuse**

People with memory loss are vulnerable to abuse, neglect or exploitation by people close to them or strangers who may take advantage of their cognitive impairment.

Caregivers, both family and professional can suffer from stress and frustration due to the overwhelming responsibilities of care giving which may provoke unintentional uncaring behavior. Family caregivers can often begin to feel isolated, depressed and resentful toward their loved one as the disease progresses and may become abusive without realizing it. Other issues such as substance abuse, emotional problems and dependency, may also lead to mistreatment.

Here are some signs to look for:

1. Physical injury such as: bruises, welts, lacerations, and rope marks; bone fractures, open wounds, untreated injuries in various stages of healing, internal injuries/bleeding
2. Broken eyeglasses and or frames
3. Laboratory findings of medication overdose or under utilization of prescribed drugs
4. An individual's report of being hit, slapped, kicked, or mistreated
5. A sudden change in behavior
6. Problems with money, bounced checks, unpaid bills
7. The caregiver's refusal to allow visitors to see an individual alone

If you are having difficulty with the challenging responsibilities of care giving, there is help available. Local support groups provide information on resources. A local Caregiver Resource Center can provide trained volunteers to talk to you about getting help and support.

If you feel that someone you know is at risk for abuse, neglect or exploitation call the Florida Abuse Hotline at 800/96-ABUSE (800/962-2873) and a trained investigator can help find the resources needed to keep the individual protected and safe.

## Signs of Dehydration

Maintaining hydration can be an ongoing problem for people with dementia. Even mildly impaired people may forget to drink enough fluids. Encouraging and reminding the person to drink plenty of fluids can prevent problems with dehydration. Dehydration occurs when the body's output of water is greater than its intake. Maintaining proper fluid balance is essential to sustaining basic health.

Adequate fluid levels are essential for all body functions including elimination, respiration, kidney, liver, heart, and brain.

Signs of dehydration to look for include:

- Thirst or refusal to drink
- Fever
- Rapid pulse
- Dry, pale lining of the mouth
- Dry skin that has little elasticity
- Dizziness

Caregiver's need to be aware of the amount of liquid their loved one consumes during the day. Water and juices are best. Caffeinated beverages cause the body to lose fluids and are recommended in only small amounts. Foods that melt at room temperature, such as gelatin, popsicles or ice cream, also have a lot of water content. Remember to always check the temperature of hot drinks, as a person with memory loss may lose their ability to judge temperature.

Caregivers should also pay attention to their own physical and dietary needs. Fluid depletion is very serious. It is crucial to obtain medical attention if any signs or symptoms of dehydration are noticed.

### *Fast Fact*

**Sundowning** is the term used to describe behavior problems in the late afternoon or evening. Experts have several different explanations for this difficult behavioral issue.

## Taking Care of the Caregiver

As a caregiver, you are the most important person in the life of the person with Alzheimer's disease. Your loved one relies on you for their care. They depend on you to interpret life for them.

Taking care of someone with Alzheimer's can be a demanding task. It requires time and energy. Many caregivers suffer health problems that result from the intense demands of looking after someone else. Your health is important. Do not ignore it. Take regular breaks from caregiving. Keep in touch with friends and family so that you will not feel lonely and isolated. These things will give you strength to continue caregiving.

Learn as much as you can about the disease and care strategies. Understanding how the disease affects the person will help you comprehend and adapt to changes that occur.

Sharing information about the disease with family and friends will help them understand what is happening and better prepare them to provide the help and support you need. It is also important to share your feelings. Find someone you feel comfortable talking with about your feelings. This person may be a close friend or family member or even a health care professional.

### **Learn About Benefits and Untapped Resources of Veteran's Administration**

Veteran Benefits, Wednesday September 3<sup>rd</sup>  
1-2 pm at Senior Friendship Center, Sarasota.

This program provides attendees with information on available benefits and untapped resources. There will be time for questions and answers. This program is facilitated by Terry Acton, Veteran's Administration. For more information call 941-556-3268.



## **Senior Idol Talent Show**

**October 15, 2008 10am-2pm  
Sarasota Municipal Auditorium  
801 N. Tamiami Trail, Sarasota**

Public is invited!

**Admission \$5, including boxed lunch.**

**Advance reservations are required,  
call 374-9760 or 400-7031.**

This talent show will feature 20 Top Acts by  
local amateurs born before 1943.

Brought to you by Sarasota County Aging  
Network and Manatee Aging Network

\*\*\*\*\*



**Free Confidential Medications Review  
Tuesday September 23<sup>rd</sup> 9:30-11:30am  
(by appointment only)**

A pharmacist will privately review all  
medications for potential interactions. Bring  
ALL prescription medications, over the counter  
medication, vitamins, minerals, etc.

Contact Kathleen Simonds of The Senior  
Friendship Center VENICE at 584-0050 to  
schedule your 15 minute appointment with  
Pharmacist Jeff Young of Village Pharmacy.

\*\*\*\*\*

**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 contact us  
through website. [www.sarasotageriatrics.com](http://www.sarasotageriatrics.com)

## **The CARE Program**

**Caregiver Assistance and Regional  
Education Program**

**Sarasota County**

**September 2<sup>nd</sup>, 4<sup>th</sup>, 9<sup>th</sup>, 11<sup>th</sup> 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**

1<sup>st</sup> Wednesday of the month, 1-3 pm Senior  
Friendship Center, 2350 Scenic Drive, Venice

2<sup>nd</sup> 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 1/2 mile from I-75 on the south  
side of Clark Road.**

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