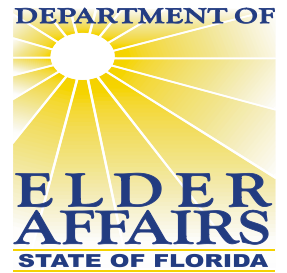


Sarasota Memorial Hospital
Memory Disorder Clinic
On Your Mind
APRIL 2009



MCI Education & Support Groups

For families affected by Mild Cognitive Impairment

SARASOTA

Next Meeting: April 16th
Time: 9:30am
Speaker: Ira Wiesner, ESQ.
Topic: Ethical Wills
Location: Senior Friendship Center- 1900 Brother Geenen Way, Sarasota

VENICE

Don't forget the APRIL Meeting: April 7th 9:30am

MAY Meeting: May 5th
Time: 9:30am

Speaker: Jennifer Hall, OTR/L of HealthSouth
Topic: Safe Driving for Seniors
Location: Our Lady of Lourdes Catholic Church - 1301 Center Road, Venice

SMH MEMORY DISORDER CLINIC

941/917-7197

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Pain and Dementia

Studies show that pain is often under-diagnosed and under treated in people with moderate to advanced dementia. A person with dementia cannot always communicate their pain effectively. As people age there is often an increase in minor aches and pains. Family members and caregivers must learn how to recognize non-verbal cues in order to ensure that the person with dementia receives the treatment necessary to maintain the best possible quality of life. Failure to identify these signs of pain can delay medical attention and may lead to behavioral changes.

Non-verbal cues that may indicate the presence of pain include: sudden worsening of behavior, changes in sleeping patterns, changes in eating, refusal to do certain things, increased restlessness, clenched fists, pacing, vocalizations suggestive of pain and distorted facial expressions. Because of their limited ability to verbalize their discomfort, it is important for the caregiver to look for and identify the cause of their pain. Many people with dementia are able to act out their discomfort. For example, they may constantly take off their shoes because of an ingrown toenail or tight fitting shoes or they may favor a particular side of the body.

People with dementia who can verbalize their pain tend to do so accurately. They may use simple descriptors such as burning, pins and needles, throbbing, sharp or dull. For some with dementia, pain may cause anger or depression. Their thought process can become slowed because their attention may be totally focused on the pain. Some common causes of pain are urinary tract infections, constipation, gastritis or abdominal discomfort, arthritis, sore teeth, hidden fractures, clothes or shoes that rub or are too tight. Ignoring the signs can cause great discomfort to the person with dementia and increased stress to those who care for them. All signals of pain must be taken seriously and the primary care physician should be contacted to assist in identifying the cause.

Apraxia

Apraxia (from the Greek for “not acting”) is one of the commonly seen symptoms of Alzheimer’s disease. It is the inability to carryout purposeful movements and actions despite intact motor and sensory systems. Though often present in Alzheimer’s, it may not be recognized. Apraxia can be the cause of much frustration for caregivers who fail to understand that those they are caring for have lost the mental ability to complete everyday activities. Such basic physical acts as eating, walking and even dressing-the more automatic tasks of life- are usually not a problem at first, but the more complex tasks are.

The person may no longer be able to operate a remote control for the television or set the oven temperature. Minor chores that were easily accomplished before have become extremely difficult.

As time goes by, even simpler activities become affected, and the person has difficulty dressing and eating. They are physically able to put on socks and shoes or lift a fork to the mouth, but mentally these purposeful movements can no longer be carried out in sequence.

Bowel and bladder needs cannot be handled and accidents can result. The person has no voluntary control over this ability, and is not doing it on purpose to create problems or get attention. They have simply lost the reasoning power to be able to put these steps together and see the task through to completion.

It is important that caregivers are aware of the safety implications of apraxia.

Fast Fact:

An estimated 26 million people have Alzheimer's globally and experts predict this number will grow to 106 million by 2050.

New Memory Disorder Program Gives in-home Help to Caregivers

Sarasota Memorial’s Memory Disorder Clinic has recently partnered with that Area Agency on Aging, the Senior Friendship Center, Alzheimer’s Association, USF and Jewish Family & Children Services to create the “*Informed Choices*” project. The program offers free in-home assessments to families providing care to an older adult in the community. The assessment will include assistance with setting up a plan of care, referral to local resources and caregiver education.

The goal of the grant is to help caregivers get connected to the resources already available in Sarasota, reduce caregiver stress and allow older adults with memory problems to be cared for at home when possible. Kathleen Houseweart from the Memory Disorder Clinic notes “Many families just need information. They are willing to provide care, but just don't know how or where to find basic supports.”

During the home visit, staff will also be able to offer basic caregiver training and offer tips on behavioral management in caring for someone with memory loss. The new program is free and open to anyone over age 18 providing care to individuals older than 60 who live in Sarasota County. It is hoped that by supporting caregivers, we can assist individuals with memory problems age in place. If you or someone you know could benefit from the **Informed Choices Program**, please call 917-7197.

MIND GAME -PHONE SPELLING

Find a word you can spell by pressing these numbers on a phone keypad.

7873 3473

The answer is two short words that together make a long word. For instance, 2273 2255 spells Base Ball, which together makes the word Baseball. (Answer on page 3)

April Events

National Healthcare Decision Making Day

Date: April 16, 2009
Time: 2-4 pm
Where: USF Selby Auditorium
8350 N Tamiami Trail
Contact: 941/359-4602

Featured speakers include among others -Dr
Robinson and Kathleen Houseweart from the
SMH Memory Disorder Clinic

Free Seminars at Arden Courts with Dr. Rivera In conjunction with the Alzheimer's Association

Part 1- Medications to Avoid if you are over 50.
Date: Tuesday, April 21, 2009

Part 2- The Influence of Lifestyle in
Alzheimer's Disease
Date: Tuesday, April 28, 2009

Part 3- Caregiver Rescue
Date: Tuesday, May 5, 2009

Registration: 11:00a.m. - lunch at 11:30a.m.
The seminar will begin at noon.
Daycare is available during the seminars.
Arden Courts is at 5509 Swift Road, Sarasota.
**For more information or to RSVP call
925-3900.**

How does your CAR FIT?

FREE safety program for motorists to help
drivers fit into their personal vehicles properly.
When: Saturday, May 2, from 9 a.m. -1 p.m.
**Where: Venice Healthcare Park, 1200
Jacaranda Blvd.** For more information call
Venice Public Information Officer Pam
Johnson at (941) 486-2626, Ext. 24005.

NEW! Weekly Evening Support Group

The Caregiver Resource Center & the Informed
Choices Caregiver Support Project now offer an
evening weekly support group for caregivers.

**Tuesdays, 6-7pm at Sarasota Senior
Friendship Center -Caregiver Resource
Center** Facilitated by Paula Falk, Director of
Senior Friendship Center and Jane Johnson,
MSW. **Call 556-3268 for further
information.**

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., # 211
Sarasota, FL 34238
(941) 917-7197**

Located just 1/2 mile from I-75 on the south
side of Clark Road.

www.sarasotageriatrics.com

**THE MEMORY DISORDER CLINIC
(941) 917-7197**

ANSWER TO MIND GAME- PHONE
SPELLING -- SUREFIRE