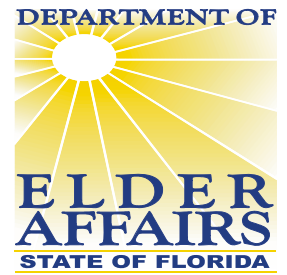




Sarasota Memorial Hospital
 Memory Disorder Clinic
On Your Mind
JUNE 2009



MCI Education & Support Groups

For families affected by Mild Cognitive Impairment

SARASOTA

Next Meeting: **JUNE 18TH**

Time: **9:30am**

Speaker: Doug Heinlen

Topic: AARP Services

Location: Senior Friendship Center- 1900 Brother Geenen Way, Sarasota

VENICE

Don't forget the JUNE Meeting: June 2nd 9:30am

JULY Meeting: July 7th

Time: **9:30am**

Speaker: Jeff Young, Pharmacist, Village Pharmacy

Topic: Ask The Pharmacist

Location: Our Lady of Lourdes Catholic Church – 1301 Center Road, Venice

SMH MEMORY DISORDER CLINIC
941/917-7197

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Are you prepared for a hurricane?

Hurricane preparedness requires good judgment and the ability to follow through with crisis plans. People with dementia are at a serious disadvantage. Their impairment in memory and reasoning severely limit their ability to act appropriately in a crisis. If you live with someone with dementia, it is important to have a plan of action in case of a hurricane or other disaster. It is particularly important to listen to advice of your local officials and take actions early. If you know someone who lives alone who might be at risk, help them register as a ‘person with special needs’ (PSN) in their local county.

Here are some tips in getting ready for this hurricane season:

- Make sure the person with dementia has identification that they keep with them at all times. Consider registering for the Medic Alert/SafeReturn Identification bracelet (call 941/365-8883 for info).
- Identify which friends or neighbors would be willing to help in a crisis. Formulate a plan of action with them should the person with dementia be unattended in a crisis.
- Provide your ‘team’ with a list of emergency numbers of caregivers, family members and medical resources. Educate team members beforehand about the person’s specific disabilities, including communication problems, memory loss, impaired judgment, and the possibility of increased disorientation and confusion in a crisis.
- Have a family drill so that each member of the household knows their specific task. Realize that the person with dementia cannot be expected to hold any responsibilities in the crisis plan and will need supervision in a crisis.
- Always have at least an extra week supply of any medical or person hygiene items critical to their welfare, such as food, water, medications, hearing aid batteries and glasses. Under no circumstances should the person with dementia be left alone following a disaster.

For further information call Sarasota County Emergency Management at (941)861-5000.

Maintaining Good Hydration

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

Maintaining hydration can be an ongoing problem when dealing with dementia patients. Even mildly impaired people may forget to drink enough fluids. Encouraging and reminding the person to drink plenty of fluids can prevent serious symptoms associated 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.

As we are approaching the summer months, it is most important to drink enough fluids. Fluid depletion can increase during hot weather. Drinking 1 ½ to 2 quarts of water daily is generally recommended to protect against dehydration. If you are uncertain whether the person is getting enough fluid, ask their doctor how much they should be drinking.

Signs of dehydration to look for include:

- Thirst or refusal to drink
- Fever
- Flushing
- 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 drinks can 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 always check the temperature of hot drinks, as the person may lose their ability to judge temperature. Keep cool liquids available during the day for sipping.

Plan your Trip in Advance

People with memory impairments have increasing trouble with changes in location, changes of time zones, fatigue, crowds and noise. Caregivers who are planning to travel need to plan trips carefully in advance, using both travel and health care professionals to determine the best possible methods to cause the least distress to their loved one. If visiting family, let them know not to plan an exhausting regimen of activities. Be flexible.

It is safe to assume that the confusion of dementia will increase on a trip, leading to discomfort, fear or agitation. Some people with dementia demand to go home immediately. It is important for the caregiver to realize that their loved one will not be able to control his/her behavior when this happens. Therefore, the caregiver must have a plan developed in case of behavioral emergencies.

When planning for travel, carefully assess what the person's limitations and strengths are and shape the vacation accordingly. Also be realistic about your own and other caregiver's limitations and strengths.

Careful well-informed planning is the best way to guarantee a successful trip. Plan an itinerary and do whatever possible to maintain the normal daily routine, such as mealtimes.

Dial 211 for Social Services Referrals

Sarasota and Manatee county residents can receive referrals to emergency shelters, food pantries, day care and over 2,000 other health and social services by dialing 211.

The local program, which is operated by United Way is part of a national effort to promote 211 as the universal social service referral line. The 211 system is available around the clock, seven days a week.

Informed Choices Caregiver Support Project in Final Month

The Informed Choices Program is accepting final referrals for in-home assessments during the month of June. The project is gaining popularity and now receives regular requests from the community for assistance in care planning and resource referral. If you know someone who is providing care or support to anyone over the age of 60 in Sarasota County contact 941/917-7197 for further information or to set up an appointment.

Budget News

At time of this printing, the Governor is still reviewing the legislature's budget. The most recent news is that the Memory Disorder Clinics remain in the budget in Fiscal Year 2009/2010. There will be significant cuts – however local staff members feel confident that the SMH Memory Disorder Clinic will be able to continue to provide services to the counties of Sarasota, Desoto and Highlands.

The CARE Program

This Free Caregiver Education Program provides comprehensive education for caregivers on all aspect of care. This series provides information on caregiving techniques while focusing on helping caregivers maintain their own emotional, physical health and well-being. Participants will receive educational materials. The program is held Tuesdays & Thursdays in June at the Senior Friendship Center Caregiver Resource Center 1820 Brother Geenen Way Sarasota.

June 9th, 11th, 16th & 18th
12:30 pm – 4:00 p.m.

To register or for more information, call **941/556-3268.**

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
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Sarasota, FL 34238
(941) 917-7197

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

www.sarasotageriatrics.com

THE MEMORY DISORDER CLINIC
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