

**MCI Education &
Support Groups**

For families affected by
Mild Cognitive Impairment

SARASOTA

Next Meeting: **AUG. 20TH**

Time: **9:30am**

Speaker: Dr. Bruce
Robinson

Topic: Understanding
Medication

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

VENICE

**Don't forget the AUGUST
Meeting: AUG 4th 9:30am**

August Meeting: **SEPT 1st**
Time: **9:30am**

Speaker: Pam Palowski
Alzheimer's Association
Location: Our Lady of
Lourdes Catholic Church –
1301 Center Road, Venice

**SMH MEMORY
DISORDER CLINIC**

941/917-7197

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**HOW TO TALK TO SOMEONE WHO MIGHT BE
HAVING TROUBLE WITH MEMORY**

Getting Started. First, try to figure out who would be best to talk to your loved one. It may be you, another family member, or someone else that they trust. Start off by letting your loved one know you're worried about them. Ask them if everything is okay. Make sure to reassure them that you want to help if they'll let you. Reassure them that your goal is to help them live independently if possible. Let them know what symptoms you're seeing. Ask them if it would be okay if you both went to talk to the doctor about your concerns. Focus on the positive. Some people may go undiagnosed for a long time because family members find the diagnosis hard to face. Early intervention is important. Ultimately, the focus should not be on the *name* of the illness – but on fixing what can be fixed, and managing symptoms safely.

Unfortunately, avoiding the conversation could lead to a crisis and diagnosis at a time when intervention and choices are limited.

Being afraid of the diagnosis is normal. But keep in mind that receiving a diagnosis can be empowering, and can help you make informed decisions to with your loved one. It lets you know whether you are doing everything possible to provide the best care.

Three important things to remember when talking to your loved one

1. Be aware of the language you use. Remember that your loved one may be concerned about losing their independence. Reassure them that you want them to remain independent for as long as possible.
2. Try not to patronize; despite cognitive impairment you are still dealing with an adult.
3. It's important to help your loved one to not feel ashamed. They are not 'loosing their mind' but instead may have a medical condition that could require treatment.

Helping a Person Who is Aware of Memory Loss

Cognitive (thinking) problems are now being diagnosed in earlier stages. Many people are aware of changes in their memory and thinking. Here are tips on how to help someone who knows that he or she has memory problems:

- Take time to listen. The person may want to talk about the changes he or she is noticing.
- Be sensitive to their concerns. Ask the person how they would like you to handle situations when they forget a word or lose their train of thought. Try to understand that it's a struggle for the person to communicate.
- Help the person find words to express thoughts and feelings.
- Be careful not to put words in the person's mouth or "fill in the blanks" too quickly.
- As people lose the ability to talk clearly, they may rely on other ways to communicate. Be alert to facial expressions to show sadness, anger or frustration or hand gestures or other actions to indicate what they want to say.

Most of all, remain calm and be patient with the person with memory loss, understand that what they are going through is extremely frightening for them. Hopefully some of these tips can ease communication.

Caregiver's Tip

The beginning stages of Alzheimer's disease may be depressing to my loved one. The realization that something is wrong can be devastating and frightening. I will do everything I can to reassure him and show him unconditional love. He needs to know I am here for him, now maybe more than ever before.

Taken from Coping with Caring by Lyn Roche

How to Cope with Paranoia

Paranoia is a type of delusion in which a person may believe without good reason that others are mean, lying, unfair, or "out to get him or her". He or she may become suspicious, fearful, or jealous of people.

In a person with Alzheimer's (AD), paranoia often is linked to memory loss. It can become worse as memory loss gets worse. For example, the person may become paranoid if he or she forgets:

- Where he or she put something - the person may believe that someone is taking his or her things.
- That you are the person's caregiver - someone with AD might not trust you if he or she thinks you are a stranger.
- People to whom he or she has been introduced - the person may believe that strangers will be harmful.
- Directions you just gave - the person may think you are trying to trick him or her.

Paranoia may be the person's way of expressing loss. The person may blame or accuse others, because no other explanation seems to make sense. **Here are some tips for dealing with paranoia:**

- Try not to react if the person blames you for something. Don't take it personally.
- Don't argue with him or her.
- Let the person know that he or she is safe.
- Use gentle touching or hugging to show the person you care.
- Explain to others that the person is acting this way because he or she has AD.
- Search for missing things to distract the person; then talk about what you found. For example, talk about a photograph or keepsake.
- Have extra sets of keys or eyeglasses in case they are lost.

The CARE Program

Caregiver Assistance and Regional
Education Program
Sarasota County
August 4th, 6th, 11th and 13th

12:30 p.m. - 4:00p.m.

Attend all four sessions!
Many different topics discussed at each!

Hosted by:

Senior Friendship Centers

Caregiver Resource Center

Sessions will be conducted at

**The Caregiver Resource Center
1820 Brother Geenen Way**

The CARE Program is designed to provide caregiving individuals and family members **FREE** comprehensive education. This series will enable caregivers to provide enhanced care for their loved ones while better maintaining their own emotional and physical health and well-being. To register, or for more information, call **1-941-556-3268**.

Something to think about...

If a person with AD keeps driving when it is no longer safe, someone could get hurt or be killed. It takes only one accident to change your life or the life of someone you care about. If you are concerned about a loved one's driving, talk to their doctor about this problem.

COMEDY CORNER



Eventually you will reach a point
when you stop lying about your age
and start bragging about it.

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

www.sarasotageriatrics.com