

**MCI Education &
Support Groups**

For families affected by
Mild Cognitive Impairment

SARASOTA

Next Meeting: **OCT. 15TH**

Time: **9:30am**

Speaker: Pam Palowski
Alzheimer's Association

Topic: When to Accept
Help/ Agency services

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

VENICE

**Don't forget the October
Meeting: Oct.6th 9:30am**

Nov Meeting: Nov. 3rd

Time: **9:30am**

Speaker: **To be announced**

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

**SMH MEMORY
DISORDER CLINIC
941/917-7197**

Medical Director
Bruce Robinson MD MPH
Program Manager
Kathleen Houseweart MBA
Editor: Amy Sapanero

Dressing and Grooming

People with Alzheimer's disease or other dementias often need more time to dress. It can be hard for them to choose their clothing. They might wear the wrong cloths for the season or wear colors that don't go together. They might forget to put on a piece of clothing or put things on out of order. Allow the person to dress on his or her own for as long as possible. Provide graduated assistance, offering as little or as much as is needed. Below are some strategies that might help.

- Limit choices – put away unseasonable clothing and take away soiled clothing before it can be put on again. Keep only one or two outfits in the closet or dresser. Keep the closet locked if needed.
- Lay out clothes in the order they should be put on, such as underwear first, then pants, then a shirt, and then a sweater.
- Hand the person one thing at a time or give step by step dressing instructions.
- Buy three or four sets of the same clothes, if the person wants to wear the same thing every day.
- Buy loose fitting comfortable clothing. Avoid girdles, control-top pantyhose, knee highs nylons and tight socks.
- Pants with elastic waists like sweat pants are very comfortable and simple.
- Use Velcro tape or large zipper pulls for clothing instead of shoelaces, buttons, or buckles. Try slip on shoes that won't slide off and or shoes with Velcro closures.

Grooming

- Brush your teeth at the same time- this will show the person how to brush their teeth and maintain some independence.
- Encourage a man to shave, help him as needed. Use an electric razor for safety.
- Encourage a woman to wear makeup if she has always done so. Keep it simple assist her in applying powder and lipstick.

Hopefully using some of these strategies will be helpful in your day to day routine.

Your Emotional Health

You may be so busy caring for the person with memory loss that you don't have time to think about your emotional health - but you need to. Caring for a person with memory loss takes a lot of time and effort. Your job as caregiver can become even harder when the person you're caring for gets angry with you, hurts your feelings, or forgets who you are. Sometimes you may feel really discouraged, sad, lonely, frustrated, confused, or angry. **These feelings are normal.**

Here are some things you can say to yourself that might help you better:

- I'm doing the best I can.
- What I'm doing would be hard for anyone.
- I'm not perfect, and that's okay.
- I can't control some things that happen.
- Sometimes, I just need to do what works for right now.
- Even when I do everything I can think of, the person with memory loss will still have problem behaviors because of the illness, not because of what I do.
- I will enjoy the moments when we can be together in peace.
- I will try to get help from a counselor if caregiving becomes too much for me.

Coping with Caring

Primary caregivers are often frustrated by the lack of help provided by those around them. Friends and family members often want to help, but they don't know how. When sincere people offer help, talk with them to determine what they feel comfortable doing. Think about what would be the most helpful to you and keep a list of these tasks handy so that you are prepared when help is offered. Be honest and specific in telling others what you need. Remember to be encouraging even if they don't do things exactly as you would.

Getting Help

Everyone needs help at times. It's okay to ask for help and to take time for yourself. However, many caregivers find it hard to ask for what they need.

They feel:

- They should be able to do everything themselves
- That it's not alright to leave the person with someone else
- They don't have the money to pay someone to watch the person for an hour or two
- No one will help even if asked

If you have trouble asking for help, try using some of the tips below:

- It's okay for me to ask for help from family, friends, and others. I don't have to do everything myself.
- Be specific such as having someone make a meal, visit the person or take the person out for a short time.
- Join a support group to share advice and understanding with other caregivers.
- Call for information from home health care or adult day care services to be prepared when those services are needed.
- Use national and local resources to find out how to pay for some of this help.

Alzheimer Disease Education and Referral Center can provide information at no cost at 800-438-4380. Visit on the internet at www.nia.nih.gov/Alzheimers

Alzheimer Fast Fact

Alzheimer's affects as many as 5.2 million Americans. It is progressive, and is currently the sixth-leading cause of death in the United States, surpassing diabetes, according to the Alzheimer's Association.

Upcoming Events

Join the Staff and Families of the
Memory Disorder Clinic at the
Alzheimer's Memory Walk
Saturday Oct 24, Lido Beach
Registration 8AM
Walk starts 9AM

Come and join our team or lend your
support by making a donation.

**Contact Peggy 941/917-7197
for further information**

**9th Annual Community
Caregiving Forum**
**How Do We Care For Ourselves
and Those We Love**

**Friday, November 6, 2009
9:30 a.m. – 3:00 p.m.**

Sarasota Memorial Hospital
1st Floor Auditorium
1700 South Tamiami Trail
Sarasota, FL 34239

FREE
Lunch Provided /Respite Available
Call for reservations 917-1779

**How to Successfully Deal with
Challenging Behavior**

Thursday October 29 1PM - 2 PM
Senior Friendship Center,
Caregiver Resource Center 1820 Brother
Geenen Way, Sarasota
Presented by Pam Palowski, Sarasota Chapter,
Alzheimer's Association
Call 556-3268 for further information

Weekly Evening Support Group

The Caregiver Resource Center now offers 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

Memory Disorder Clinic
Sarasota Memorial Hospital
5880 Rand Blvd. #211
Sarasota, FL 34238
(3398)

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The Memory Disorder Clinic is sponsored by
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