



CareLines

WWW.ADSMEMPHIS.ORG

OCTOBER 2018

ADS SUPPORT GROUPS

KENNEDY PARK

Tuesday, October 9
Spousal Support Group
 3:00 p.m. - 4:00 p.m.

Tuesday, October 16
Coping with Caring Topic: Home Modifications
 4:30 p.m. - 5:30 p.m.

Wednesday, October 24
General Support Group
 11:30 a.m. - 12:30 p.m.

DOROTHY'S PLACE

Wednesday, October 3
Spousal Support Group
 9:30 a.m. - 10:30 a.m.

Thursday, October 11
Coping with Caring Topic: Home Modifications
 4:30 p.m. - 5:30 p.m.

Thursday, October 18
General Support Group
 4:30 p.m. - 5:30 p.m.

Support Groups are open to anyone in the community at no charge. If you know someone who needs a support group, please invite them.

Free care for loved ones during all support groups.

CareLines is partially supported by the Aging Commission of the Mid-South.

ADS Free Caregiver Conference

(\$20.00 fee for Professional Caregivers to attend and receive a certificate for 6 contact hours.)

A Caregiver's Journey: The Garden in Our Backyard

Tuesday, November 13
8:30 am - 3:30 pm

Bartlett Station Municipal Center
5868 Stage Rd.

To register, please go to:
Caregiver Conference 2018
 on our website, adsmemphis.org
 or pick up a brochure at our centers,
 or call Adina at 901-372-4585,
 or email, asamberg@adsmemphis.org

Free On-Site Care for registered loved ones, by Senior Helpers

(If your loved one is enrolled at an ADS center, please inform Adina if an additional day of care is needed at Dorothy's Place or Kennedy Park on the day of the conference.)

Many thanks to those sponsoring our conference:

Lakeside Behavioral Health Center
 The Bradley Law Firm
 Memphis Funeral Home
 Compassus Hospice & Palliative Care
 Delta Medical Center
 Silver Angels Home Care Specialists
 Sycamore Place Alzheimer's Special Care Center



Inside this issue:

Activities for October	6
ADS Free Caregiver Conference	1
Benefits of a Caregiver Support Group	2
Caregiver Stress	5
Coping with Caring Session at ADS:	7
Depression & Anxiety	3
Facts & Statistics: Comorbidities	3
Finding Humor as a Caregiver	4,5
Make a Personal Care Book	8
Medicare Open Enrollment	8
Stress Relievers	6
Support Groups at ADS	1
Tips for the Month of October	7
Wishlist	7



The Benefits of a Caregiver Support Group

Any stressful life situation can leave many people feeling isolated and disconnected. For those caring for an older loved one, the day-to-day tasks of making sure the senior is comfortable, safe and provided for can mean that caregivers neglect their own well-being. Support groups can provide a meaningful time that is set aside for the caregiver to focus on their own feelings and needs.

WHAT IS A SUPPORT GROUP?

A support group is a meeting of people who are going through the same stressful event in life, such as caregiving or grief over the passing of a loved one; or dealing with a similar medical condition, for example cancer, diabetes or Alzheimer's Disease. Support groups are oftentimes led by social workers, case managers and psychologists, or the facilitator may just be someone who has experience with the life situation or medical condition.

Support groups provide a safe place to share feelings and experiences with others who are going through the same situation. Some groups may be very open ended where members direct the discussion, while others may be more formal and have guest professional presenters, such as doctors and lawyers. It is important to decide which format will support you the best.

Support groups are not the same as group therapy sessions, which are formal mental health treatments.



BENEFITS OF JOINING A SUPPORT GROUP

Support groups can offer a number of benefits, including:

- Lessening feelings of isolation
- Having people to talk to who are going through similar circumstances
- Being able to freely air feelings
- Learning from people who have been down the same path; what your expectations should be and what resources they found helpful.

Local support groups are available. See page 1 for the complete list of support groups with Alzheimer's & Dementia Services.

In today's society, it is quite understandable if there is not enough time to attend a local group. There are online options available with Alzheimer's Foundation of America—866-232-8484 or www.alzfdn.org

Depression & Anxiety

Depression and anxiety are common conditions that are frequently experienced by people with dementia and their caregivers. They are known as psychological conditions because they can affect a person's emotional and mental health.

Depression

Most people feel low or down from time to time, but this is not the same as being depressed. Depression is a more persistent condition in which a number of feelings, such as sadness and hopelessness, dominate a person's life and make it difficult for them to cope. People with depression may also experience physical symptoms, such as loss of energy and appetite changes. Physical symptoms of depression are more common in older people with the condition.

Anxiety

Anxiety is a normal feeling that everyone experiences now and again. In some people, however, these feelings can be very strong and persistent. This can interfere with a person's everyday life.



What are the symptoms of depression?

- a sad, hopeless or irritable mood for much of the time
- a loss of interest or pleasure in activities that were once enjoyed
- feelings of low self-esteem, worthlessness or undue guilt
- sleep disturbance, such as early morning waking
- problems with remembering, concentrating or making simple decisions
- increased agitation and restlessness

What are the symptoms of anxiety?

General symptoms of anxiety include:

- psychological symptoms - feeling excessively worried, tired, restless and irritable, experiencing feelings of dread and having problems concentrating
- physical symptoms - fast or irregular heartbeats (palpitations), shortness of breath, excessive sweating, dry mouth, trembling, dizziness, nausea, diarrhea, stomach ache, headache, insomnia, frequent urination, excessive thirst, muscle tension or pains.

Adapted from the Alzheimer's Society. www.alzheimers.org/UK

FACTS & STATISTICS

Comorbidities

A **comorbidity** is a secondary or additional disease or disorder that a person may have. People with dementia are often living with a number of comorbidities which are often undiagnosed, for example these might include conditions such as Hypertension, Diabetes, Anxiety, Depression, and Psychosis.

Over 90% of people living with dementia have another health condition, with the most common being **hypertension (53%)**, **painful conditions (34%)** and **depression (24%)**.

Source: <https://www.dementiastatistics.org/statistics/comorbidities/>

Source: Browne J et al Association of comorbidity and health service usage among patients with dementia in the UK; a population-based study (2017)

Finding Humor as a Caregiver

There are tons of unexpected, unpredictable roller coaster moments in caregiving. The best way to react? Have some humor!

Here's how— humor can change the game.

Family members who are suddenly, and unexpectedly, thrust into the role of caregiver find themselves in a deep pool of unexpected emotions. Anger, denial, and resentment are common. What about laughter? Rarely do we read about caregivers of the elderly practicing laughter but they do. Not only is laughter healthy for the caregiver and the senior but it is a wonderful survival technique.

Caring for those with Dementia and Alzheimer's is exhausting and discouraging, especially when they are family members. The caregiver must simultaneously be compassionate and giving, while trying to contain the grief and sadness that comes from watching a loved one fade away. One must become accustomed to the fact that a loved one is dying while at the same time cherishing every moment with that person. The mental gymnastics would make Freud shudder.

Enter laughter——It is a powerful tool.

It can remove shame from an embarrassing situation, encourage a resistant Alzheimer's patient to eat or bathe, or turn a highly stressful situation into a more relaxed one. It's as simple as laughing at the simple things.

Did a man who is suffering from Alzheimer's put on a woman's hat or gloves? Laugh it away saying "he never looked so good in that color".

Did a woman who is suffering from dementia believe that her husband was on the television? Laugh it away saying no one ever broadcast the fact that she was married to a TV star. Is the elderly patient beginning to eat dog food out of a can? Just laugh and say "Well, unless you want to change your name to Fido, we probably better find you something better to eat."

There is also a serious side to laughter. Just like small children, Alzheimer and dementia patients can quickly get themselves into dangerous situations if not constantly supervised. Yelling or startling them usually increases the immediate danger. Laughing it off, cajoling, and joking with the elderly patient can correct the situation quickly and help the caregiver to back them out of a dangerous situation.



Continued on page 5

Continued from page 4

It is important to remember that although the disease has stolen many things from an Alzheimer's or dementia patient, it has not stolen their ability to sense another person's mood.

When a caregiver sings, laughs or smiles, the patient will respond in kind. It is the nature of human beings. And when the worst occurs, when the patient no longer recognizes the caregiver, laughter can ease the pain and safeguard the relationship.



Caring for an Alzheimer's or dementia patient suspends all the rules of life. What is left is authentic love and the ability to experience it in its most raw state. Laughter helps to move us along the path to that understanding.

Adapted from LIV Home Dec 2015 <https://www.livhome.com/blog/finding-humor-as-a-caregiver/>

Caregiver Stress

Providing care for a senior can be a very stressful situation. In addition to the everyday stressors from work, family, and relationships, the caregiver is apt to be full of feelings of guilt, anger, and resentment related to caring for a senior. There are numerous sources of stress. Some common stressors stemming from caregiving are discussed below.



Inequitable division of responsibilities between caregivers. The primary caregiver may feel like other family members are taking advantage of his or her willingness to see that the senior's needs are met. Or perhaps, a sibling living in another state feels as if he or she is not doing enough to help the senior.

Old family issues. Underlying relationships don't change that much when one individual assumes a caregiving role. If a parent and child had a strained relationship full of arguing and difficulty communicating feelings, the chances are great that the relationship will continue in that pattern.

Changing roles. When one individual becomes ill, a lot of the responsibilities fall to the new caregiver. This is a difficult change in roles. For instance, a wife who depended on her husband to pay the bills, will suddenly have to learn a whole new skill in addition to managing her husband's care.

Signs and symptoms of caregiver stress. Identifying the symptoms is the first step in recognizing and doing something about the increased level of stress a caregiver is experiencing. The following are some signs of stress that may be experienced by a caregiver:

- | | |
|--------------------------|-------------------------|
| Short temper | Change of eating habits |
| Exhaustion | Health problems |
| Sleeplessness | Social isolation |
| Difficulty concentrating | Depression |

Source: WebMD, 1999, Mayo Clinic, All Rights Reserved



Stress Relievers

Caregiving is a demanding and often stressful job. It is not always possible to avoid situations that can cause stress. But, prolonged stress can affect your immune system, making you more prone to illness. The key to coping is to identify the causes of stress in your life, and then taking healthy steps to manage it. Many people have found the following techniques helpful stress relievers:

- ▶ **Two-minute relaxation:** Focus your thoughts on your breathing. Take a few deep breaths, exhaling slowly. Mentally scan your body. Notice areas that feel tense or cramped. Quickly loosen up these areas. Let go of as much tension as you can. Rotate your head in a smooth, circular motion once or twice. Roll your shoulders forward and backward several times. Let all of your muscles relax. Recall a pleasant thought for a few seconds. Take another deep breath and exhale slowly.
- ▶ **Mind relaxation:** Close your eyes and breathe normally through your nose. As you exhale, silently say to yourself the word “one,” a short word such as “soft” or a short phrase such as “I feel quiet.” Continue for 10 minutes. If your mind wanders, remind yourself to think about your breathing and your chosen word or phrase. Breathe slowly and steadily.
- ▶ **Deep breathing relaxation:** Imagine a spot just below your navel. Breathe into that spot and fill your abdomen with air. Let the air fill you from the abdomen up, then let it out, like deflating a balloon. With every long, slow breath out, you should feel more relaxed.
- ▶ **Behavioral changes:** Changing certain thought patterns and behaviors can help you better manage difficult situations. Examples include checking your assumptions, sharing your expectations with others, being assertive, exercising and eating healthy, focusing on positive relationships, forgiving, communicating feelings, listening and rewarding yourself and others.

Adapted from Caregiving: *Stress Management and Burnout Prevention*, www.clevelandclinic.org

Activities for October

(Please note that the activities are listed below to keep you informed of the special events that are scheduled at our two centers for those who are enrolled in the ADS program. We use the word “*Friends*” for those that attend our program. Please contact us if you would like more information about enrolling your loved one at either center.)

Dorothy’s Place Activities

Music Therapy with Rebecca, Tuesdays at 10:00 and Wednesdays at 2:00
Spanish Language Arts Therapy with Brigitte, Mondays at 2:00
Tai-Chi with Marilyn, Wednesdays at 10:00
Pet Therapy with Mid-South Pet Therapy, Thursday, October 25 at 10:00
Music Entertainment with Brenda Buford-Shaw, Friday morning, October 26

Kennedy Park Activities

Music Therapy with Rebecca, Tuesdays at 2:00
Pet Therapy with Bunni and Megan, Wednesdays at 9:30
Tai-Chi with Marilyn, Wednesdays at 1:30
Spanish Language Arts Therapy with Brigitte, Thursdays at 10:00
Music Entertainment with Brenda Buford-Shaw, Thursday morning, October 25



The month of September was full of interesting and fun activities. Spirit Week was a big hit for both of our centers. Our “*Friends*” thoroughly enjoyed showing their ADS Spirit with their favorite colors, teams and hats to name a few. The week ended with the Prom, and each center’s Prom King and Queen were crowned. Our “*Friends*” showed off their dancing moves with musical entertainment and ended the day with a special Prom snack. We look forward to cooler weather and Fun - Filled Fall Activities!!

ADS WISH LIST

Critical Items We Need Now !

- **Paper Towels
- **Liquid Antibacterial Hand Soap
- **Wet Wipes
- **Copy Paper
- **Facial Tissues
- **Toilet Paper



Coping with Caring Sessions

(These topical and educational sessions are scheduled at Dorothy's Place at 4:30 on the second Thursday of each month, and at Kennedy Park at 4:30 on the third Tuesday of each month.)

Home Modifications

**Dorothy's Place 3185 Hickory Hill Rd.
Thursday, October 11, 2018, 4:30-5:30**

*Open to the community
Free care for loved ones provided during sessions
Please let us know if
your loved one will be coming.*

**Kennedy Park 4585 Raleigh LaGrange
Tuesday, October 16, 2018, 4:30-5:30**

Tips for the Month of October

- ◆ Care of fingernails and toenails are an important part of personal hygiene. Nail trimming is easier after a warm shower, bath or foot bath. The nails won't be as hard to trim and your loved one may be more relaxed after bathing. If your loved one is female, she may enjoy having her nails painted. A professional manicure or assistance in this area by another family member might be a fun treat for her. Having it done on a regular basis could provide respite time for you.
- ◆ Never leave your loved one alone in the car - not even for a minute.
- ◆ Nouns are usually the first words a memory impaired person loses. Some caregivers make loose-leaf books with pictures of familiar things like a car, food, a tree, a cat, and so on. When the loved one has trouble finding a word in conversation, the caregiver flips through the book and helps find the picture of the word they are looking for.
- ◆ If your loved one has trouble following the plot of stories or dramas on television, perhaps nature series or musical programs that don't require concentration are more in order.
- ◆ Remove all bones and any inedible garnishes from your loved one's plate . Also be aware paper napkins, plastic utensils and Styrofoam cups can be eaten by mistake.
- ◆ Small blocks of wood and pieces of sand paper can provide an excellent activity. Sanding is a good repetitive action that keeps active hands busy.
- ◆ If some members of your family do not understand the effects of the disease because they only visit for an hour or two at a time, consider asking them to spell you for a day. They should get the picture and you'll get a day off.

Adapted from: Lyn Roche, *Coping with Caring*, Elder Books, 1996.

