



Caring Times

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www.careforlifearleston.com & [FACEBOOK.com](https://www.facebook.com/careforlifearleston)



Mary Peters, Founder & President, with the late Jack Segars.

Experts in Eldercare Since 1995

How will you know when your loved one will benefit from *additional* in-home care?

Have his/her needs changed recently?

Call care managers **Kristin or Kerri** for a re-assessment today.

Over time, there are **changes to watch for** that your loved one needs more in-home care. Are there new or obvious increases in physical and mental limitations? How are they keeping up with personal hygiene, housekeeping and finances? Is there an unfamiliar person visiting your loved one when you are away? Has driving habits changed?

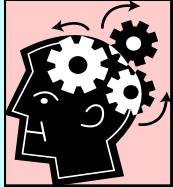
- **Difficulty walking or an unsteady gait** can lead to serious falls presenting a huge safety risk for an elderly person. This sign of decline cannot be ignored.
- **Vision changes** might be observed in diminished driving skills. This is a serious indicator for the need for reliable transportation and other in-home assistance. Report problems to his/her doctor.
- **A loss of appetite or change in eating habits** though fairly common as one ages, needs to be addressed. Wellness demands good nutrition and hydration.
- **Personal hygiene can become a problem** for an elderly person. Your loved one may need someone to help them perform their formerly normal daily activities.
- **Medication missteps [missing doses or overdosing]** may lead to the need for **eldercare services**. Reminders to take prescriptions correctly are an important aspect of caring for an elderly person.
- **Failure to maintain their home** might be a noticeable sign of decline. Unopened mail, utilities cut-off due to unpaid bills, spoiled food, laundry piling up, exaggerated clutter everywhere or signs of incontinence are all causes for securing homecare.
- **Losing interest in socializing or once-enjoyed activities** can be warnings that life enjoyment is declining. Decreased concentration and making poor judgments may be signs of dementia onset or progression.

Call without delay because **a comprehensive re-assessment** by one of our care managers, Kristin Akins or Kerri Moore, is a sure way to learn more about your loved one's changing needs. Often an additional shift or two with an in-home caregiver can help seniors remain in their familiar surroundings more safely and independently. We look forward to hearing from you.

Mary Peters & Staff

www.careforlifearleston.com

843-852-9090



Care Management Corner: *What's on your mind?*

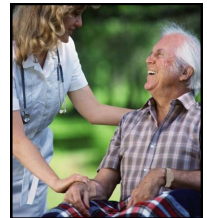
Kristin Akins, LPN, Care Manager
Director of Homecare Services
Kerri Moore, LMSW

This information is **not intended** as medical advice. Always consult your medical provider

Risk of heat-related problems increases with age—be careful!

Older people can face risks related to hot weather. As people age, their bodies lose some ability to adapt to heat. They may have medical conditions that are worsened by heat. And their medications could reduce their ability to respond to heat. Health-related factors that may increase the risk of hyperthermia include:

- Pre-existing diseases such as congestive heart failure, diabetes and chronic obstructive pulmonary disease
- Decreased ability to move around
- Dementia or cognitive impairment
- Certain medications may cause dehydration or may affect the responses to heat by the heart, blood vessels or sweat glands
- Obesity
- Drinking alcoholic beverages or caffeine drinks
- Being dehydrated
- Age-related changes in the skin, such as decreased functioning of small blood vessels and sweat glands



Lifestyle factors that can also increase the risk of hyperthermia include hot living quarters, lack of transportation, overdressing, visiting overcrowded places, and not understanding how to respond to weather conditions. Older people, particularly those at special risk, should pay attention to any air pollution alert in effect also.

Hyperthermia (overheating) occurs when the body is overwhelmed by heat and unable to control its temperature. In heat stroke, the body temperature is at least 104 degrees Fahrenheit. Someone with heat stroke may have a strong rapid pulse, lack of sweating, dry flushed skin, faintness, staggering and mental status changes such as confusion, combativeness, disorientation or even coma. Seek immediate medical attention for a person with any of these symptoms, especially an older adult.

If you suspect that someone is suffering from a heat-related illness:

- Move them into an air conditioned or other cool place
- Urge them to lie down and rest
- Remove or loosen tight-fitting or heavy clothing
- Encourage them to drink water or juices but avoid alcohol and caffeine drinks
- Apply cold water, ice packs or cold wet cloths to the skin
- **If 911 is not called, call their physician and get medical assistance asap!**
www.nia.nih.gov/HealthInformation/Publications/hyperthermia.htm

We can help you. Call us today 843-852-9090 for eldercare advice.
Visit us at www.careforlifecharleston.com or on Facebook.com