



## Activity Based Alzheimer's Care Excerpts from a 2007 presentation by Ginger Deignan, Respite Care Ministries

Families and other caregivers can provide quality therapeutic activities for persons with Alzheimer's Disease or a related memory disorder. Activity is defined as the interaction between two persons or a person and her environment.

The activities should enable a sense of usefulness and promote pleasure and success at the highest level of functioning possible.

You will want to offer your loved one activities that:

- reflect his/her interests
- encourage socialization
- provide sense of belonging
- encourage expression of feelings
- maintain connection with outside world
- bring some fun into their day
- encourage use of remaining abilities
- help person feel useful
- provide intellectual stimulation
- demonstrate respect for his/her age, beliefs, culture, values and life experiences

At Care For Life we offer four hours of training for our caregivers in dementia care alone. We place the highest value on training our caregivers. Our instructors include medical, psychological, legal and nutrition professionals.

We deeply value what you tell us to make our care even more meaningful when we are in your home. Call our nurse with any questions &/or concerns.



Mary with our friend the late Jack Segars.

We care for your loved one like family.

### Who needs a Guardian &/or Conservator appointed by the Probate Court?

In a nutshell, Guardians and/or Conservators are appointed for incapacitated persons as determined by the Court. An incapacitated person is one who is incapable of receiving and evaluating information effectively.

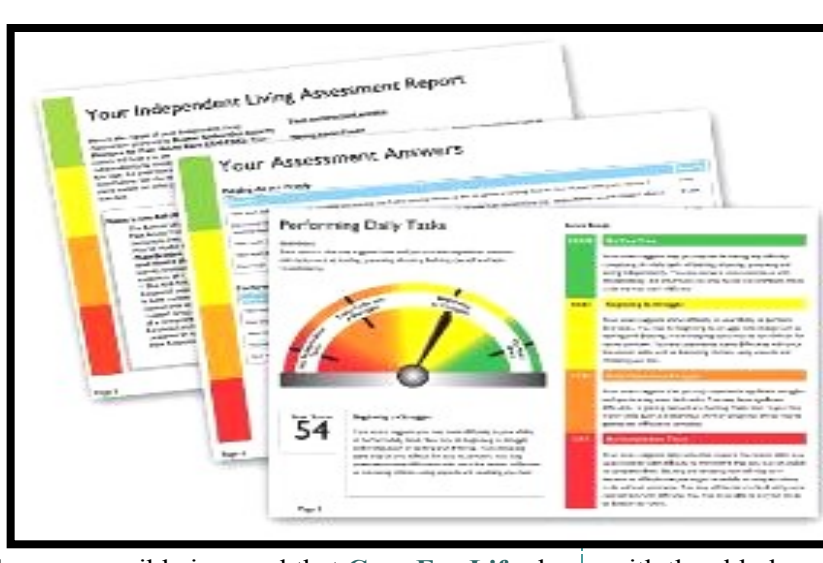
He may be unable to respond appropriately to people, events or environments. His health, care, safety, financial or psychological needs may suffer without assistance.

Our nurse will assist you and your loved to reach the best outcomes in care. She can reassess emerging needs upon your request.

Our caregivers serving your family will call attention to any changes they observe so that you can decide what is best for your loved one.

Solutions are not always easy, but we can help you find them. Call today.

We are a click away online: [www.careforlifearcharleston.com](http://www.careforlifearcharleston.com)



Living at home for as long as possible is a goal that **Care For Life** shares with the elderly and their families, but as we age, changes occur in our ability to function mentally and physically, making it a challenge to remain at home. These changes often necessitate thinking through next steps and taking action, such as installing safety devices and getting support when needed. Developing a plan can be difficult, but not having a plan can be more costly, and cause more heartache.

The independent Living Assessment, powered by Boston University Activity Measure for Post Acute Care (AM-PAC), is a free evaluation taken online, which assesses your ability to live independently. **This clinically validated assessment covers three areas of function – moving about freely, managing life skills, and performing daily tasks.**

We encourage the use of the Lifeline Alert Systems in the home in case of a need for assistance from Emergency Care Providers such as following a fall or a blackout. Call us if you would like a home safety assessment by our Nurse.

Or visit: [www.theindependentlivingassessment.com](http://www.theindependentlivingassessment.com) to take the online assessment.

## Nurse Care Manager's Corner

Kristin Akins, LPN



### Why Families Need Nurse's Care Management

Often, we succeed in providing just the right caregiver for a family's loved one, yet the primary family caregiver remains stressed and fatigued by the emotional burden of caring for an ill or cognitively impaired relative. I provide detailed recommendations for respite when a family member expresses continued burnout.

The family member has the best of intentions to track medications, return one or both parents for doctor's appointments and to assure safe and independent living for them. Yet, the family member often fails to follow the doctor's orders which might cause an unintended deterioration of the aging person's health. When I see this cycle, I will suggest modifying the care plan to include medication reminders, transportation to doctor's visits and, perhaps, grocery shopping and picking up prescriptions from the pharmacy by our caregivers.

We can often avoid repetitive incidents of non-compliance and provide even more peace of mind for the conscientious but weary family member. Call me today at 852-9090 if you feel overwhelmed. Let's plan your respite! I look forward to helping you. Kristin Akins, LPN, Nurse Care Manager at 852-9090