



Newsletter #22 – December 2023

INTRODUCTION

This month another series of articles. I have tried to select articles that talk directly to the issues caregivers face.

ALZHEIMER'S ASSOCIATION

Just Diagnosed

“Receiving a diagnosis of Alzheimer's is never easy — it's life changing. It is normal to experience a range of emotions. Acknowledging your feelings can be an empowering first step in coping with the challenges ahead.”

Read More: https://www.alz.org/help-support/i-have-alz/know-what-to-expect/just-diagnosed#questions?WT.mc_id=enews2023_12_16&utm_source=enews-aff-121&utm_medium=email&utm_campaign=enews-2023-12-16&utm_content=homeoffice&utm_term=Story3.

BEING PATIENT

A Good Night's Rest:

Managing Sundowning and Sleep Issues in Alzheimer's Dementia care expert Christy Turner shares how caregivers can manage sleep schedules, activities and light levels to avoid behavioral issues, and combat the stress of sundowning.

<https://www.beingpatient.com/managing-sundowning-sleep-issues-and-meltdowns/>.

Dementia expert and cognitive and behavioral neurologist Dr. Andrew Budson shares guidance for caregivers and family members on managing the symptoms of dementia. Whether it be coping with the cognitive, behavioral or psychological symptoms of dementia, adapting caregiver strategies throughout the different

stages of the illness is difficult for many family members. These symptoms often [ebb and flow](#), and the progression of dementia can be slow but unpredictable.

<https://www.beingpatient.com/caregiver-strategies-dementia-andrew-budson/>.

CAREWELL

Mealtimes + Dementia:

Pro Tips for Family Caregivers Alzheimer's disease and other dementias affect memory and cognition, but they also impact your loved one's ability to eat and drink. For some people, these conditions trigger overeating; But for others, they reduce appetite.

Regardless of your loved one's symptoms, it's important to know how to take action. With the right strategies, you can provide optimal nutrition and reduce the risk of common problems, like choking. This guide provides simple tips and tricks to make mealtimes easier

https://www.carewell.com/resources/blog/mealtimes-dementia-pro-tips-for-family-caregivers/?utm_source=Klaviyo&utm_medium=email&utm_campaign=2023-12-03-Su-Newsletter%20%282023-12-03%29&utm_klaviyo_id=01GSH894TCTE0Z75V4Q02NX2F5&_kx=UnsPepoPBQLpd_t2vCBvAx68IHvTV_O03D4LW1fM6x4%3D.Haiz7

What you need to know about wandering and dementia

If you have a loved one who's been [diagnosed with Alzheimer's disease](#), what's the chance that they'll walk away from the safety of their home? According to the [Alzheimer's Association](#), anyone with dementia is at risk of [wandering](#).

https://alzheimersnewstoday.com/columns/what-you-need-know-wandering-dementia/?utm_source=ALZ&utm_campaign=f40b910b67-ALZ_ENL_3.0_US&utm_medium=email&utm_term=0_94425accb7-f40b910b67-73934093.

Warner Law Offices

Dementia and Driving

Many people take driving for granted, recognizing it as a standard part of the day. But what happens when a dementia diagnosis threatens safe driving skills? Unfortunately, dementia will usually lead to the revocation of a patient's driving privileges, forcing them into a difficult transition.

Read more: <https://www.wvpersonalinjury.com/dementia-and-driving/>.

WEBSITES TO CHECK OUT

NYS Caregiving and Respite Coalition:

<https://www.nyscr.org/>.

NYC Department of Aging

<https://www.nyc.gov/site/dfta/services/caregiving.page> .

Medicare - Medicare.gov:

[medicare@subscriptions.cms.hhs.gov/](mailto:medicare@subscriptions.cms.hhs.gov)

US Department of Health and Human Services:

<https://www.hhs.gov/aging/long-term-care/index.html>.

National Institute on Aging:

<https://www.nia.nih.gov/>.

National Institute of Health (Alzheimer's)

<https://www.alzheimers.gov/>.