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ELDERCARE RESOURCE SERVICES



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"HELPING YOU HELP YOUR LOVED ONES"

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DEMENTIA

Dementia affects the entire family unit. It changes the systems in the household. The way things were no longer work the same.

One can ask themselves, how did this happen? Memory loss does not often present quickly. If a family member has memory loss think back and try to remember when the first signs appeared.

Many people who are able to express their memory loss know that something is different in their brain. Some people have commented that something was not right in their brain but they did not know how to fix it. Others commented, my brain would just stop working and then start

again. I never knew when it would work and when it would not work.

It made me frightened and I did not want to talk about it with family. I was scared if I said something to a family member that they would make me move out of my house.

Others thought they could solve the problem themselves without worrying their family.

If you are noticing changes in your relative's memory then your relative is likely noticing something is different.

Bring up the conversation with a solution. Ask to go to the primary care physician to see if there

is a medical reason for what is happening. It is very important to rule out a medical cause such as urinary tract infection, thyroid, diabetes, vitamin deficiencies, and a brain tumor. Without proper testing a medical problem could go undiagnosed and left untreated could have negative consequences.

If it is dementia then begin to plan and discuss the future. This is the time to ask your relative their wishes and wants if they are unable to care for themselves. These discussions will help the family make the best decisions as the disease progresses.

ABOUT US

ElderCare Resource Services is a certified aging care management company co-owned by Linda Sullivan RN, CMC, and Debbie Gitter LCSW, C-SWCM. Our unique Nurse/Social Worker team is able to provide both psychosocial and medical consultation to our clients. Linda and Debbie work together on each case. Families can consult with either of us. We are strong advocates for our clients giving them information to make them better consumers; getting their relative the best care. Together we are able to assist our clients and their families with information on Community Services, Home Care, Assisted Living, and Nursing Homes. Linda and Debbie have over 35 years working with the geriatric population. Now is the time to plan for the future. Call us if you have a question about our services. We'll be happy to chat. Look for our monthly column in the Metro West News '[Senior Questions and Answers](#)'

MOTHER'S DAY AND SPRING TIME

This is a good time of year to open the windows and clear out the dustiness of winter. After the long winter the house may need a very good cleaning.

Mother's Day is in May and the question arises what should I get my mother? One idea is to hire a company that can

come in and clean the house thoroughly. Remove outdated food and medicine, carpet clean the rugs and furniture.

Another idea is to pay privately for some home care services in the house. Someone who can prepare a meal or do some light housework.

Consider hiring a home care agency that allows the aides to drive and give your mother an outing to a restaurant, a movie, or even a walk in the mall.

It's been a long winter and finally this is the time to enjoy spring and do something for mom.

Certified Members of:



National and New England Associations of Professional Geriatric Care Managers

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FREQUENTLY ASKED QUESTIONS

Q: My aunt lives alone in her house and still drives. She has gotten lost three times and the police have been involved in helping her return home. Does the police have a responsibility to notify the DMV and have my aunt's license taken away?

A: Good question. In some states the police are mandated reporters, and other states the police notify family members who are responsible for the next step. Talk with your mother's primary care physician about this situation. Some physicians will contact the DMV and others suggest a driving test to determine if your aunt is safe to drive. The driving test is given by an OT and sometimes psychologist. It consists of memory testing, testing quickness on stopping, questions on signage, what to do certain situations etc. The test can be a few hours. If at the end of

the test your aunt is not able to drive they will ask for the license at that time and they will contact the DMV.

Q: My father lives at home with family stopping in to visit. Some times I sleep there or his other daughter sleeps there. We provide general oversight. My father was doing well until he was hospitalized. Now he is more tired. My other siblings have contacted me to tell me they think our father should move out of the house. My dad does not want to move; he wants to stay in the house. I am trying to keep my father home which is his wish. I keep reminding my siblings it is our father's wish to stay at home and let's work together. Instead I feel they are working against me helping less and less. Any advice?

A: The first question is: is your father is safe at home? Does he know what to do in an emergency; would he call 911 if there was a fire? If the answer is yes then on a safety level he is able to stay at home. If your father is competent and able to make his decisions then he should stay in his home.

If you and your sister feel that you can provide the help for your father and the system is working then your father can stay at home. You also have the option of bringing in services in the home if your father needs help with personal care or meal preparation, house cleaning etc. Consider hiring a Geriatric Care Manager to complete a home assessment to evaluate your father's safety and answer the question for your siblings; should dad stay at home.