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ELDERCARE RESOURCE SERVICES



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"HELPING YOU HELP YOUR LOVED ONES"

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A FREE PUBLICATION ON ELDER ISSUES
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PARKINSON DISEASE

Researchers at the University of East Anglia in the U.K completed a study The "Anticholinergic drugs and risk of dementia: case-control study," was published in *The BMJ* and concluded that anticholinergic medications to treat depression, urinary incontinence or Parkinson's disease increase the risk of dementia. The team found that there was a 10—11% increased risk of dementia. This study looked at medications given 10—15 years ago (anti-Parkinson's therapies). It is unclear why the medications have such an adverse effect. More studies need to be completed.

Keeping the hands busy is important if there are tremors. One suggestion is to use clay or playdough to keep the hands busy.

Researchers at Old Dominion University in Virginia are testing washable socks wired with special sensors that are able to track movement, number of steps, and gait patterns which might reveal clinical evidence of problems. The socks can record five to seven day's worth of information. This technology is inspired by Fitbit®. The special socks study is looking to see if they can detect early signs of movement or walking disorders such as Parkinson's disease. With that information problems can be seen prior to symptoms. There are many support groups for someone with Parkinson's Disease and for family members. There is a hotline at 1-800-4PD-INFO (473-4636) for questions and resources. This is

sponsored by the Parkinson's Foundation. Help, resources, and support are available. It is never easy managing a chronic disease alone. By talking to others it can help make people feel they are not alone. Isolation can effect mood and cause depression.

There is also a hotline at 888-606-1688 where callers can speak with a licensed physical therapist about appropriate exercises and programs. This is sponsored by the American Parkinson Disease Association.

There is also the Michael J. Fox organization that offers information, materials, resources, and people. This organization is also involved in research and awareness.

ABOUT US

ElderCare Resource Services is a certified aging care management company co-owned by Linda Sullivan RN, CMC, and Debbie Gitner 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'

HOME PRODUCT FOR PEOPLE AT HOME

There is a company called Livindi that helps seniors age in place safely and comfortably by enjoying independent living activities at home for longer periods of time.

This product supports video calls and is designed to improve communication between families, seniors and health care professionals.

The user interface is uncomplicated and is much simpler than Skype and Facetime and is easy to use. People are also able to share photos and videos. It keeps families in touch regardless of their distance.

Activity tracking notifies you of issues before they become problems or lead to physical danger.

It assists with hiring real help including drivers, grocery delivery services, companions and

housekeepers.

You can receive 24/7 insights and proactive alerts and stay connected with what is happening. A series of sensors are placed in the home (no cameras) that only detect unusual movement patterns.

For more information email infor@livindi.com or call 508-416-6030.



Certified Members:

Aging Life Care Association

UPDATES AND INFORMATION

May 15, 2018 is the Annual Alzheimer's State Advocacy Day at the state house here in MA. It is a day spent hearing speakers and then visiting with your legislators to increase funding for this cause. <http://www.alzmassnh.org/files/uploads/2018/03/MA-Advocacy-Day.pdf>

If anyone is in need of transportation in the Metro West area call Julie at the Alzheimer's Association at 617-868-6718.

On June 17th—19th there is an advocacy event in Washington D.C. <http://www.alzmassnh.org/advocacy/engage/advocacy-events/>

Mass Nursing Home Bill

The Massachusetts Nursing Home Industry is also having an advocacy day at the state house. <http://newsmanager.commpartners>

[.com/mecf/downloads/Advocacy%20Day%20Packet%202018.pdf](http://www.alzmassnh.org/files/uploads/2018/03/MA-Advocacy-Day.pdf) The Nursing Home industry is looking for higher reimbursement rates from the state.

The week of May 13th is National Nursing Home Week. If your relative is in a Nursing Home this is a good time to say thank you. A box of candy for the staff goes a long way. Remember there are three shifts if you decide to bring in something.

A recent study looking at both medical marijuana and cannabis showed that there is insufficient evidence that medical marijuana and cannabinoids are an effective treatment for Parkinson's.

Pre-clinical work, including several studies funded by MJFF, show that cannabinoids may protect brain cells through antioxidant and anti-inflammatory mechanisms. More studies need to be done.

Mother's Day is coming up and the question is always: what should I get for

for my mother? Ideas include flowers that they can enjoy looking at, something special for a meal (i.e. lobster salad, steak etc.) Other ideas are cards that can be sent such as thank you, birthday, sympathy. This way someone does not need to go to the store to purchase cards. Pictures of family members—a collage with names of the family or arrange for a family picture with a professional photographer. Or purchase a digital frame that allows family members to download pictures. You can upload pictures of the family and your mother can see what is going on with her family.

Consider hiring professional to help in the house, to clean the house or someone to clean the windows or to do the heavy cleaning.

Also there are cooks that can come into the house to prepare a nice family dinner.

FREQUENTLY ASKED QUESTIONS

Q: My father absolutely positively refuses to go see his primary care physician. He has high blood pressure and high cholesterol. There are days that he is more tired and he has had changes in his memory. He has trouble walking and is sleeping more. I have also noticed more confusion. I have tried and tried to get him out of the house but he declines. Food is brought in and he has caregivers. I think there could be something wrong but I can't get him out of the house. Any suggestions?

A: Some doctors (for a fee) offer concierge physician services which is where they travel to the senior's home. If the PCP offers this option, look at the cost to decide if it's worth the expense. It may mean changing PCP's to a practice that offers this program or there could be a PCP

office that sends out Nurse Practitioners to complete physical exams and prescribe medications without the concierge fee. There are companies that can come in and take blood and there are portable x-ray companies. The portable x-rays are not nearly as clear as those on site. Talk with your father's PCP to see if there is a way to resolve this issue. Ask your father if he is fearful of a fall on the way to the MD or maybe yet of what the doctor may find. Many people know when they do not feel right and just want to ignore it.

Q: My mother has always been depressed but lately she is more depressed. She just recently celebrated another birthday and since that date I have noticed her having less motivation. She is not going out as much and not keeping up with her hobbies.

What should I do?

A: There is a term called 'situational depression' which occurs when someone has a situation in their life that feels overwhelming. A birthday could be the trigger for your mother. It is possible that this birthday reminds her of her mother who died at the same year, or the death of someone else, or fears about the future. As people age many people are worried about their health and how they will die. Talk with your mother and if she is still feeling sad then call the PCP and schedule an appointment. Meds may be necessary or there are clinical licensed social workers that are available to talk with your mother and many of them can bill insurance plans. People need to feel they have a purpose and are still needed.