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ELDERCARE RESOURCE SERVICES



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"HELPING YOU HELP YOUR LOVED ONES"

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NOVEMBER IS ALZHEIMERS AWARENESS MONTH

President Ronald Reagan designated November as Alzheimer's Awareness Month in 1983. The color purple is associated with Alzheimer's Disease. The power of purple can be demonstrated by: wearing a purple ribbon, turning your Facebook communication in purple, encouraging friends to wear purple, putting purple on a door either at home or at work, and educating friends about Alzheimer's disease.

There has not been a new medication available since 2003.

The Alzheimer's Association announced a "\$7 million investment in clinical trials that target brain inflammation as an innovative avenue for Alzheimer's disease therapy. Four cutting-edge studies will each receive \$1 million to advance current research to the next stage. There are a number of clinical studies. A

Phase II clinical trial of the FDA-approved drug Leukine, to determine whether it is safe and can help slow or prevent the progression of Alzheimer's, led by Huntington Potter, Ph.D.,

A Phase II clinical trial to determine if the drug Sativex, a cannabis-based liquid medication that was previously tested for the alleviation of cancer-related pain, reduces brain inflammation and helps slow the progression of Alzheimer's disease in people with mild cognitive impairment, led by Isidro Ferrer, M.D., Ph.D.,

A study to test if treatment with the drug Senicapoc can reduce brain inflammation, alter the rate of brain amyloid accumulation, and improve the memory in people with early Alzheimer's disease or mild cognitive impairment. In previous research, a drug similar

to Senicapoc helped to reduce brain inflammation, prevent nerve cell damage, and improve memory in mice with an Alzheimer's-like condition. The project includes a Phase II clinical trial led by John Olichney, M.D.,

A Phase I clinical trial to examine the safety and efficacy to reduce brain inflammation of a novel therapy manufactured by Longeveron LLC using stem cells derived from healthy adult donors and that are delivered into the bloodstream of people with mild Alzheimer's disease. Anthony Oliva, Ph.D., is "per the Alzheimer's Association. More information at:

http://www.alz.org/documents_custom/ptc_grants_080216.pdf

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'

ALZHEIMER'S DISEASE

Alzheimer's disease is the 6th leading cause of death according to the Centers of Disease Control and Prevention and the Alzheimer's Association. Approximately 5.4 million people in the USA have been diagnosed with the disease.

There are a number of research studies and the Alzheimer's Association is always looking for volunteers

to be part of the research studies. Contact the Alzheimer's Association at 617-868-6718 to discuss clinical trials or on line at: http://www.alz.org/research/clinical_trials/find_clinical_trials_trialmatch.asp

Trial Match connects healthy individuals and people with dementia to studies. To date there are 250 on-going studies being conducted at sites

throughout the country.

With the results of the studies it will help everyone who has been diagnosed and who will be diagnosed with Alzheimer's or any of the other dementia's. These research projects will someday uncover the cure for this disease.



Certified Members:

Aging Life Care Association

ALZHEIMER'S—MASS/NH CHAPTER

Last month the Mass/NH chapter had many events—the walk to end Alzheimer's. Many teams were formed and people joined in to walk to end Alzheimer's. This is the biggest fundraiser of the year.

A wealth of information is at <http://www.alz.org/manh/> including their current annual report as well as information on the disease.

As of now 27 states have a silver alert, similar to the amber alert that is for children. In 2010 there was a law mandating that any person with dementia be treated as a missing person no matter how long they have been missing. In Massachusetts there is a collaboration between the local and state police as well as the Executive Office of Elder Affairs. If someone with dementia begins to look around their familiar surroundings and say this is not mine or I want to go home

which is just down the street it is important to know that person is at risk of leaving their current situation to go out and find the 'home' they are seeking. This puts the senior at risk of wandering. Weather does not deter someone from leaving their home. Prevention is most important. Contact the Alzheimer's Association and sign your relative up for The Safe Return Program. This program is designed to keep seniors with dementia safe by providing suggestions within the home plus a state wide data base with information on your relative. If someone does get lost systems are in place which will help locate the lost senior quicker.

There is a hotline within the chapter at 800-272-3900 available 24/7 to anyone who has questions, concerns, or needs to talk.

There is also a care consultation program allowing anyone to call with questions about resources, the disease, sup-

port group, general information, etc. This is a very good program because the staff is trained to answer questions and provide support to family members.

For people who want to reading materials on this disease there are people in the local chapter than can make recommendations. Many books are written on this subject and it may help people better understand the disease and how best to interact with someone who has dementia. The Mass/NH chapter offers a guide to families who have a relative in either early, mid-stage or late stage of the disease. This can be mailed out to families or available to read on their website at <http://alzmass.org/care/>

The local website is: <http://www.alz.org/manh/> There is information for everyone who is helping a family member with this disease.

FREQUENTLY ASKED QUESTIONS

Q: My brother visited his neurologist who wants to start him on a brand new medication to help him with his dementia and delusional thoughts. The medication costs over \$1100 per month, the local pharmacy does not carry it yet, and it is not on my brother's formulary. That is just too much money for my brother to pay on a monthly basis. Do you have any suggestions?

A: Call the primary care physician and discuss the cost of the medication. Some pharmaceutical companies will provide one month free trial of a new medication. This will allow your brother the opportunity to try the medication to see if it works. If there is benefit to the medication then contact the pharmacy plan to ask if there are ways to discount the medication. Sometimes a letter by the physician is helpful. If that does not work con-

sider calling the pharmacy rep in the area to discuss what other options the company can offer to make this medication more affordable. In Massachusetts there is a program called Prescription Advantage and they help cover the cost of some medications. There are income/asset requirements with this program but they may help with the cost.

Q: My mother lives out of state with my sister. My mother has dementia. As the dementia progresses my mother needs more oversight. My sister is complaining that she does not want my mother for ever and it's my turn. I live in another state. Can I move my mother? When is the best time to move my mother? What do I need to do to plan ahead for this move?

A: You can begin to look at what is involved if your mother moves in with you. What agencies need to be contacted and how fast services can be started. You also need to think about insurance coverage and make sure the current plan covers in your state. If you wait until there is a medical crisis and then make the move then, begin to look at rehab facilities in your area knowing that when your mother is hospitalized the plan will be to move her closer to you. Tour rehab facilities and even long term facilities just in case your mother will require care in a medical setting. The best time to move is a personal decision. Moving anyone who has dementia needs to be done systematically. There will be more confusion initially when your mother is out of her comfort zone. This will happen either at your house or a rehab setting.