

NEWSLETTER

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September 2021 Issue 2

This month we want to share some information on fall prevention. I know we have all heard it before, but considering that 1 out of 4 adults over 65 falls every year in the U.S. it is a topic that impacts all of us. Take a few moments this month to review the safety in your home.

Fall Prevention Strategies

1. Clean up clutter and remove tripping hazards
2. Install grab bars and handrails and non-slip mats in showers and bathtubs
3. Avoid wearing clothing that is too loose and ill fitting or slippery shoes
4. Remove area rugs that may be a trip hazard
5. Improve lighting. Install lights activated by motion sensors for the night
6. Provide a shower seat and install a hand-held shower nozzle
7. Tape down exposed extension cords
8. Use colored tape on steps so they are more visible.
9. Have vision and hearing checked regularly
10. Use assistive devices if needed (walker, cane, ...)
12. Minimize fluids before bedtime to avoid nighttime trips to the bathroom (use a nighttime commode if needed)
13. Do balance exercises daily

I'm certain there are many more great tips on fall prevention, but even the smallest adjustments can make big impact on reducing falls.

Tips & Tricks

Reality is in the Eye of the Beholder

People living with memory loss often unintentionally create an alternate reality that helps fill the gaps left by the memory loss. It is important to remember and respect that this alternate reality is 'real' to them and no matter how much you try to reason with them it will not change that. In fact, it usually only causes unnecessary arguments, distress and suspicion.

The term 'therapeutic fibbing' refers to when we tell a fib or bend the truth to fit the reality of a person who has dementia. Therapeutic fibbing should be used with kind and compassionate intentions with the goal to provide comfort and reassurance. At the same token, it is also ok to not to disclose everything, especially if it is upsetting information as it may only cause unnecessary pain and confusion, even if only temporary. At last, try to avoid correcting statements made by people living with dementia as 99% of the time it irrelevant and has no positive value. Pick your battles wisely!

All About YOU

15-minute re-charging ideas. Take a walk, listen to an audio book, call a friend, take a moment for meditation or prayer, practice a few yoga moves, read a magazine or book, write in a journal, give yourself a manicure, take a catnap (my cat sleeps longer than that), dance to your favorite music.

