

SENIOR'S CORNER

10 Absolutes of Communicating through Alzheimer's

- 1 Never argue, instead agree
- 2 Never reason, instead divert
- 3 Never shame, instead distract
- 4 Never lecture, instead reassure
- 5 Never say "remember," instead reminisce
- 6 Never say "I told you," instead repeat/regroup
- 7 Never say "you can't," instead do what they can
- 8 Never command/demand, instead ask/model
- 9 Never condescend, instead encourage/praise
- 10 Never force, instead reinforce

Latest Innovations

ALZHEIMER'S Using MRI-based technology, scientists can now identify early physical symptoms, like plaque buildup, that may differentiate mild cognitive impairment related to early-onset Alzheimer's from normal aging. This allows researchers, like Samantha, to see brain dysfunction in patients before they lose tissue and nerve cells. Many of the new treatments in development have the potential to be the first disease-altering medication for this disease. One, for example, uses immunotherapy, an antibody treatment aimed to directly attack the disease and

prevent it from progressing. Another possible treatment uses antibodies to significantly reduce the level of amyloid- β , a protein found in the brains of people with early-onset Alzheimer's.

Researchers are also testing treatments that target tau protein tangles that damage and kill brain cells, as well as a receptor that decreases a neurotransmitter necessary for the brain to think and function normally. Additionally, there are medicines being designed to decrease inflammation found in the brains of Alzheimer's patients while strengthening the immune system to fight the disease. If just one of these treatments is proven effective, we can possibly delay this disease by five years, reducing the number of people affected by roughly 40 percent.



"Every day, I think how much I can do to help change people's lives." **Samantha**

One of the Alzheimer's researchers working to find a cure is Samantha, head of clinical development of potential therapeutics at a biopharmaceutical company. Just in the last decade alone, she's seen how emerging science has helped researchers unravel some of the major complexities of the disease. The more scientists learn, the better they are at developing new treatments aimed at slowing, and even preventing, Alzheimer's entirely. Today, with nearly 100 potential medicines in clinical trials, Samantha is more optimistic than ever that a cure will be found well within our lifetime.





Help for the Caregiver

Alzheimer's disease changes lives. In addition to the more than five million Americans who suffer from it, the disease also changes the lives of the family members who care for them.

The family caregiver experiences considerable burden, stress and disruption to her own life. She is at risk for emotional and physical health problems, with older adults in caregiver roles particularly vulnerable.

A caregiver for an Alzheimer's patient must deal not only with a loved one's memory loss, but also the disease's other common symptoms: loss of judgment, orientation, ability to understand and communicate effectively and, frequently, changes in personality and behavior. It becomes an all-consuming job – often forcing caregivers to quit their jobs, give up personal time, and become socially isolated.

Additionally, there is exhaustion that comes from a lack of sleep and irritability. Many lose their focus or concentration and, often, because they stop taking care of their own health concerns, place themselves at risk of getting sick.

In working with patients to prevent caregiver burnout, the Alzheimer's Association offers these recommendations:

- Find out what resources are available in the community.

Adult day programs, in-home assistance, visiting nurses and meal delivery are just some of the services that can help the overwhelmed caregiver manage daily tasks.

- Get help.

Seek the support of family, friends and caregivers going through similar experiences. Caregivers need to learn to delegate responsibilities to others.

- Use relaxation techniques to relieve stress.

There are several simple relaxation techniques that can help relieve stress. This may include visualization, meditation, breathing exercises and muscle relaxation which can be done in the comfort of your home.

- Get moving.

Physical activity can help reduce stress and improve overall well-being. Even 10 minutes of exercise a day can help and that can include taking a walk and going up and down the stairs.

- Make time for yourself.

Experts recommend that caregivers carve out some time every week for themselves, where they can get away to spend time with a friend, shop, or take a class.

- Become educated.

Alzheimer's is a progressive illness and caregivers need to know what to expect at each stage and have a plan in place for coping with it. This involves researching the internet, getting involved with support groups and talking to specialists.

- Take care of yourself.

Visit your doctor regularly. Watch your diet, exercise and get plenty of rest.

We are here to help. If you need a break or some guidance, feel free to call us!

559-906-6463

At Senior Care Home Services Inc. we are dedicated to making life easier for the caregiver, you, at home. Every person's desire is to stay at home as long as possible. We can help you with that for less than what you would pay at an assisted living facility each month!

We also offer an "Electronic Caregiver" watch that keeps track of your loved one at all times. It has the following features.

Stylish Wrist-Worn Pendant

A fitness band style, submersible, emergency wrist alarm pendant with long range capabilities. This light weight, attractive safety device is worn 24/7 and provides reliable protection and because it doesn't look like an emergency button, our clients love wearing it.



Activity Detection

Customized activity detection verifies you're active. In the event you might be unconscious and unable to press a button, we'll know something is wrong as an alert signals the emergency response facility.

Medication Management

Personalized, monitored medication reminders keep you on track with your care plan and if you don't respond to the reminder, we can check to make sure you're okay.

Family Caregiver Connection Apps

Both Android or iOS apps are available for family members who can be empowered with access to check on a loved ones whereabouts, check on system status or an event, or even send a personalized message or reminder.

EMT Operators

Our emergency response facility is staffed with licensed Emergency Medical Technicians. The most qualified operators in the industry will respond to your inquiries, notify responsible parties when a wellness check is needed, or notify emergency services during a crisis.

Stay-On-The Line Service

Our EMT operators stay on the line during emergencies, reassuring, advising and assessing, until a responder is actually kneeling at your side.

PocketMD

With PocketMD, you can connect with a doctor round-the clock 365 days a year. It's easy, it's affordable and like having a team of medical experts in the palm of your hand at all times.

Emergency Response

High quality health and crisis monitoring and response.

Lifetime Warranty

We take care of all service, maintenance, replacement or repair without charge to our customers.

Nationwide Service

We protect and serve customers and high-risk patients in all 50 states and Puerto Rico.

Transparent Pricing Without

No monthly rate increases for standard services, ever, period.

Outstanding Customer Service

Our team outperforms the competition in every aspect of customer commitment, satisfaction and care.

Call 559-906-6463 to find out more!