

BAI BEACON

*The Newsletter from Family and Community Services
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Moderate Alzheimer's disease: Facilitating Care Needs

People with moderate Alzheimer's disease (AD)/dementia need reminders and/or added assistance for daily self-care tasks such as grooming, bathing and dressing. Confusion and memory worsen making the person much more dependent on the caregiver. The following outlines common challenges encountered by family caregivers during the moderate stage while also providing possible solutions.

NEED FOR STRUCTURE

The person with dementia (PWD) is less able to adapt to changes and will become increasingly anxious when changes occur such as travel, redecorating, having guests, moving, etc. He/she will function best in a structured environment. This means that things in the person's world are consistent, yet flexible. This includes their living arrangements and daily routine with assistance available when needed.

SLEEPLESSNESS

Wandering, sleeplessness, late day confusion, and agitation are all part of the same problem. The person is overtired. The damaged brain has to work much harder to understand the environment and be able to function. This increased fatigue causes behavioral symptoms. Providing rest periods can be most helpful. Begin with two rest periods (about 30 minute) rest before lunch and a longer rest period (60-120 minutes) mid-afternoon. During the rest period the person might read or listen to soft music but the television should be off. If the person goes to bed before 8pm, they will often wake up in the middle of the night as they have had all the sleep they need. Instead, encourage another short rest before dinner and develop an evening activity such as reading, slow dancing, or listening to soft music. Consider ending with a sweet treat such as ice cream. Every few nights start the activity 10-15 minutes later until you reach 10pm or later. This will help to normalize the sleep cycle.



WANDERING

About 60% of people with moderate dementia wander away from home, however most wandering episodes are not reported. Wandering can occur whether a person is walking, bicycling, or driving a vehicle. There are many reasons why people with moderate dementia wander. Common reasons include the person thinks they must fulfill a prior responsibility (e.g. going to work, picking up children, etc.); increased confusion and anxiety as not recognizing home or caregiver; or looking for former home.

If the person is not found within 24 hours there is a 50% chance they won't survive. The most important part of wandering interventions center on recognizing the risk, not just for one time but for repeated episodes. When a

Our Mission

To end Alzheimer's disease without losing a generation, to set a new standard of care for patients and their families, and to forge a model of collaboration in biomedical research.

person is missing, stop everything and first call 911. Have a recent picture of the person. Do NOT leave the house. Do not search for the person yourself or call family first. Police and fire rescue are trained in finding people with dementia. Give a list of suggestions where the person might have gone. Additional ideas include:

- Have the PWD wear a Safe Return/Medic Alert bracelet on their dominant hand.
- Consider GPS devices that can be placed in a pocket or sewn into clothing.
- Complete and carry the BAI Information Card to compile pertinent information to provide to first responders. (Request your copy through bainfo@bannerhealth.com)
- Secure exterior doors and windows. An inexpensive device is a slide bolt attached to the base of the door. Do not show it to the person.
- Store car keys where the person can't locate them, such as in the freezer or a food storage container in a pantry or the fridge. Find a new hiding place if the person finds them and place the keys in a locked box. Do NOT announce where they are!

EATING

The PWD loses their sense of smell and can only taste things that are bitter, sour, sweet, or salty. Thus, if a food is not sweet, it may taste bitter, sour, or salty. The person may eat only sweets, rejecting previously favorite foods. The person is simply trying to adapt to changing perceptions.

Many people in moderate dementia may decrease the amount of food they eat. At this stage liberal diets should be encouraged as the goal is to promote eating. Peanut butter and jelly can be helpful, as can milkshakes. Try multiple small meals instead of three large ones. It is important not to take the rejection of former favorite foods personally. Finger foods become easier to manage than forks and spoons. If the person is losing weight, try calorie dense foods such as milkshakes.

BATHING

Resistance to bathing is common in moderate dementia. Bathing is a complex task requiring completion of many steps in the right order. When the steps are not followed due to confusion, the ability to bathe becomes problematic. Many people with moderate dementia lose insight about their limitations, while those who maintain awareness may be embarrassed by needing assistance. Finally there may be fears about getting their head wet or being unclothed in front of others. It is important to note that there are no medications to help with bathing. Solutions to bathing require caregivers to be flexible and creative to accomplish tasks. Some tips include the following:

- The optimum number of baths/showers is 3 per week unless there is a problem such as incontinence.
- Make sure the bathroom is warm enough, quiet, and inviting.
- Use no-rinse soap products to reduce the time to bathe.
- Have the PWD determine when to bathe and the method whenever possible. Give the person choices such as "Do you want to bathe now or in a half hour?"

- Avoid the fear of falling by using a shower chair with a hand-held shower head or sit at the sink to bathe with minor assistance for peri-care and lower back.
- Keep the focus on the next activity such as going out for lunch.
- Since many people with dementia develop a fear of getting water on their head, avoid showers.
- If the person is shy about disrobing, have them bathe with underwear on or provide a large towel to cover up.
- Consider hiring a home health aide to provide the bath.
- Modify the bathing experience. See some suggestions at <http://bathingwithoutabattle.unc.edu/bathing-techniques>.

DRESSING

In moderate dementia something as easy as changing clothing can produce anxiety. Likewise, the PWD may not be able to select clothing to match the weather, the occasion, etc. When the person begins to wear the same outfit day after day, it's time to purchase clothing that looks alike. Notice what color and style he/she chooses and purchase three or four identical washable outfits. Simplify drawers and closets so that clothing choices become easier. Lay out clothing on the bed in the order that it goes on. That way you may only need to provide verbal prompts for the person to dress. Provide options as needed, "Would you like to wear the blue or yellow shirt?"

LOSS OF LANGUAGE ABILITIES

PWD understand less of written and spoken language. They also experience problems with word-finding. As the person loses the ability to communicate verbally, they will also have problems with understanding spoken language. If the person spoke another language during childhood they may return to their primary language. Communicating with a person with moderate dementia requires extra time and patience, simplifying messages, relying less on written prompts, and giving extra time for the person to respond. Keep in mind, the PWD is trying their best. "Listen" to the person's actions/behaviors as they will communicate a need.

ILLUSIONS/DELUSIONS

As time passes the perceptual losses lead to mistaken identification of objects and people. This can result in non-recognition of family and friends, fixed false beliefs (delusions), and seeing things (illusions) usually triggered by television, mirrors, objects, and family pictures. These perceptual illusions can usually be stopped by removing the offending triggers such as turning off the television or removing old family pictures. However, this can be very challenging to the caregiver. This is especially true when the PWD does not recognize their spouse/adult child causing the family to worry that the person has stopped loving them.

(con't on back panel)



Ask The Expert

Mary Lou Hernandez, LCSW
Social Worker, Stead Family Memory Center

Dear Mary Lou,

I have been married for many years and have prided myself on being able to care for my family. My husband has Alzheimer's disease which has now reached the moderate stage. I can't leave him alone and have to help him bathe, dress, give medications, and encourage him to eat. I am on duty 24/7! I never get an entire night's sleep.

I would try to find help but know that no one would care for him as well as I do. I vowed to him and our three children that I would care for him in our home until he dies; but I am so tired. The children say they can't help because they are raising their own families. Where can I get the information I need to become a better caregiver?

Signed,
Paula

Dear Paula,

Of course no one can care for your husband as well as you, but that is no reason to reject the idea of getting assistance. Did you know that many caregivers become ill from the stress of caregiving? Giving care is serious business!

The most important advice when caring for a person with moderate dementia is to seek help. Now is the time that care becomes a "team effort." Services such as adult day programming, in-home care, and home health aides can provide both assistance and invaluable respite for you and your husband.

Placement in a residential facility is also not uncommon in this stage, often due to behavioral issues, management of incontinence, caregiver illness or short-term respite. As care becomes a 24/7 responsibility, a team of people is needed to help you provide care. While it may take a while to find services that meet your particular needs, the more you rely on services the easier it will be to sustain the caregiving relationship. Contact the Area Agency on Aging closest to you to find what is available in your area and what financial assistance you might qualify for. Attend or listen into the BAI "Planning Ahead" class (see caregiver calendar insert).

In addition you could develop a list of small "favors" your children could help you with such as picking up cleaning, light grocery shopping, or sitting with your husband while you get a haircut. The key to providing care to a person with dementia is to be flexible and allow as much help as possible. Finally, the whole family might benefit from attending a support group appropriate to their ages and roles.

As you accept help your role will evolve from direct care provider to that of executive and wife. Please let others help you!

Did you know that a gift to Banner Alzheimer's Foundation will help us go further in achieving our mission than we ever could alone? To support the work of the Foundation, call 602-747-GIVE (4483) or visit www.banneralz.org/support-our-mission.

Have a Question?

To submit your question for future consideration email us at: bainfo@bannerhealth.com

For more information on this topic, we invite you to join in the Dementia Dialogue Webinar/Teleconference on August 17, 2016 from 12N - 1p.m. (AZ time) with Banner Alzheimer's Institute dementia expert, Dr. Geri Hall. Register online at www.banneralz.org. Click on 'Events and Education' the 'Online Education' or call 623-832-3248.



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Banner Health
901 East Willetta Street
Phoenix, AZ 85006

Moderate Alzheimer's disease: Facilitating Care Needs

(con't from inside)

The most common triggers for illusions and delusions is television. These appear to be hallucinations or fabricated stories. PWD who have visuospatial (eye/brain) changes are unable to distinguish whether what is happening is real or on TV, and thus describes it all as real. Common examples include seeing silent children in the house or complaining that there are murders in the house, attic, or neighborhood. These can be quite frightening. TV shows should be limited to sports, westerns, game shows and family-oriented shows. Limit shows that are continuous, inflammatory news/talk or financial channels, murder shows, or "judge shows." It is important not to rely on television as a main source of activity. Minimize TV time to 1 hour, two - three times per day.

NEED FOR ACTIVITIES AND SOCIALIZATION

In the moderate stage the person experiences difficulty in starting and maintaining activities. Therefore, activities are the single most important part of care as they can prevent depression while maintaining self-esteem and function. Adult day programs play an important role as they provide a structured environment with activities and socialization developed for the person's level. If there are no day programs in your area, consider hiring a companion several times a week to take the person walking and/or to participate in activities such as puzzles, exercise, art and music activities.



Providing care in the moderate stage becomes increasingly challenging and can be frustrating for both the PWD and the caregiver alike. Remember to assume that a person with moderate dementia is doing their best at all times. With patience and added learning, caregivers can adapt approaches to provide successful care. Learn more at our next Dementia Dialogue on August 17. Register at www.banneralz.org/dementiadialogues.



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CAREGIVER EDUCATION PROGRAM SCHEDULE

August/September 2016

AUGUST

Problem Behaviors: Solutions That Work

This two-hour class will address the most common types of behavior problems and pose a variety of solutions that caregivers can easily utilize.

*Thursday, August 11; 10:00 a.m. – Noon
Banner Alzheimer's Institute
901 E. Willetta Street, Phoenix
To register, call (602) 839-6850*

Clinical Trials 101

Clinical trials allow patients to receive tomorrow's treatments today and assist researchers in the fight against diseases like Alzheimer's and Parkinson's. Attendees will learn the basics of clinical trials including what a clinical trial is, what it entails, how long they last and how to participate.

*Tuesday, August 16; 10:00 – 11:30 a.m.
Mesa Red Mountain Library
635 N. Power Road, Mesa
To register, call (602) 839-6850*

Banner Brain Health Program

Learn how lifestyle choices can minimize the risk of Alzheimer's disease and then "flex" your cognitive muscles as you determine how to exercise your brain! This class teaches and provides tips for healthy adults how to use certain activities to help improve cognition, memory and recall. **Cognitively Normal Adults.

*Thursday, August 18; 9:00 – 11:30 a.m.
Banner Alzheimer's Institute
901 E. Willetta Street, Phoenix
To register, call (602) 230-CARE (2273)*

COMPASS: Directions for Caregivers after the Dementia Diagnosis

Over 90-minutes caregivers are introduced to the basics of disease progression, treatment and care. In addition, caregivers will learn to implement 8-practical strategies to avoid many of the common problems that arise when caring for the person with dementia.

*Tuesday, August 23; 10:00 – 11:30 a.m.
Banner Alzheimer's Institute
901 E. Willetta Street, Phoenix
To register, call (602) 839-6850*

Communication Tips for Avoiding Arguments

This two-hour reviews changes in communication as dementia progresses and the common mistakes that caregivers make leading to arguments. A variety of alternative strategies are introduced and practiced during class so that caregivers can walk away with new techniques to immediately put into place.

*Monday, August 1; 9:30 – 11:30 a.m.
The Colonnade
19116 N. Colonnade Way, Surprise
To register, call (623) 207-1703*

Planning Ahead

This 2 hour class reviews necessary planning for legal, financial and medical decisions for someone with Alzheimer's disease/related dementia or a movement disorder. Included is an overview of community resources and agencies, how to find help and pay for care in the home, community and residential care.

*Wednesday, August 3; 10:00 a.m. – Noon
Banner Sun Health Research Institute
10515 W. Santa Fe Drive
Morin Auditorium, Sun City
To register, call (623) 832-3248*

Dementia Dialogue Webinar Series: Moderate Alzheimer's disease:

Facilitating Care Needs

You will find your role as caregiver changing as that of a partner from early stages to more hands on in moderate stage. Join this dialogue to learn how to help your person manage day to day tasks, keep them safe, and options for outside help.

Wednesday, August 17; Noon – 1:00 p.m. (AZ Time). Register online at www.bannershri.org under events/education and then online education. All webinars are recorded and put on our website 24-48 hours after the "live session."

Transitioning Care

Transitioning from home to a residential care setting can be challenging for caregivers and the person with dementia. This class will discuss the importance of planning and considerations when making the transition from one level of care to another.

*Tuesday, August 23; 1:00 – 3:00 p.m.
Banner Sun Health Research Institute
10515 W. Santa Fe Drive
Morin Auditorium, Sun City
To register, call (623) 832-3248*

Keeping the Person with Dementia Occupied

Keeping people with dementia engaged and mentally stimulated is often challenging for caregivers. This class will discuss how to adapt activities as the disease progresses, how to find a variety of stimulating and engaging activities that work in order for the person to have fun or feel success.

*Wednesday, August 31; 10:00 – 11:30 a.m.
Banner Sun Health Research Institute
10515 W. Santa Fe Drive
Morin Auditorium, Sun City
To register, call (623) 832-3248*

SEPTEMBER

Free Memory Screening

Free monthly memory screening allowing community participants to screen for potential memory concerns and provide direction to prevention studies, clinical trials and memory clinics.

*Friday, September 9; 9:00 a.m. – Noon
Banner Alzheimer's Institute
901 E. Willetta Street, Phoenix
To register, call (602) 839-6850*

Keeping the Person with Dementia Occupied

Keeping people with dementia engaged and mentally stimulated is often challenging for caregivers. This class will discuss how to adapt activities as the disease progresses, how to find a variety of stimulating and engaging activities that work in order for the person to have fun or feel success.

*Wednesday, September 14; 10:00 – 11:30 a.m.
Banner Alzheimer's Institute
901 E. Willetta Street, Phoenix
To register, call (602) 839-6850*

All classes are free,* but registration is required. (*unless noted)

Please turn over for more classes →

Transitioning Care

Transitioning from home to a residential care setting can be challenging for caregivers and the person with dementia. This class will discuss the importance of planning and considerations when making the transition from one level of care to another.

*Thursday, September 15; 10:00 a.m. – Noon
Banner Alzheimer's Institute
901 E. Willetta Street, Phoenix
To register, call (602) 839-6850*

COMPASS: Directions for Caregivers after the Dementia Diagnosis

Over 90-minute caregivers are introduced to the basics of disease progression, treatment and care. In addition, caregivers will learn to implement 8 practical strategies to avoid many of the common problems that arise when caring for the person with dementia.

*Monday, September 19; 4:00 – 5:30 p.m.
Banner Alzheimer's Institute
901 E. Willetta Street, Phoenix
To register, call (602) 839-6850*

Alzheimer's Medications

This class will review medications used, how to set reasonable expectations for use, potential side effects and tips for common issues.

*Tuesday, September 20; 10:00 – 11:00 a.m.
Mesa Red Mountain Library
635 N. Power Road, Mesa
To register, call (602) 839-6850*

Good News in Alzheimer's disease Research

Now is a new era of Alzheimer's disease (AD) treatment and care. As leaders in AD prevention and treatment research, some of the most exciting advances are happening in Arizona. Join one of our researchers to learn how you can participate and make a difference.

*Thursday, September 22; 10:00 – 11:30 a.m.
Tempe Public Library
3500 S. Rural Road, Tempe
To register, call (602) 839-6850*

Brain Health Program

Learn how lifestyle choices can minimize the risk of Alzheimer's disease and then "flex" your cognitive muscles as you determine how to exercise your brain! This class teaches and provides tips for healthy adults how to use certain activities to help improve cognition, memory and recall. **Cognitively Normal Adults.

*Thursday, September 29; 1:00 – 3:30 p.m.
Banner Alzheimer's Institute*

*901 E. Willetta Street, Phoenix
To register, call (602) 839-6850*

When Hands on Care is Needed

This 2 ½ hour skills lab will allow caregivers to learn how to provide personal care (grooming, oral care, bathing, dressing), manage incontinence, adapt to changes in eating, move the person in/out of a chair and bed, and identify medical equipment for home use.

*Friday, September 30; 10:00 a.m. – 12:30 p.m.
Foundation for Senior Living
1201 E. Thomas Road, Phoenix
To register, call (602) 839-6850*

BSHRI Community Lecture Series: Clinical Trials 101

Clinical Trials allow patients to receive tomorrow's treatments today and assist researchers in the fight against diseases like Alzheimer's and Parkinson's. Attendees will learn the basics of clinical trials including what a clinical trial is, what it entails, how long they last and how to participate.

*Wednesday, September 7; 10:00 – 11:30 a.m.
Banner Sun Health Research Institute
10515 W. Santa Fe Drive, Sun City
To register, call (623) 832-3248*

Mindfulness Matters

The art of mindfulness can help you. Scientific studies show the practice can relieve anxiety and depression, pain and other medical conditions—actually changing the way you feel, think, work and play – by opening new pathways in the brain. Learn how to focus on the present and live in the moment.

*Wednesday, September 7; 1:00 – 2:30 p.m.
Banner Sun Health Research Institute
10515 W. Santa Fe Drive, Sun City
To register, call (623) 832-3248*

Brain Health Program

Learn how lifestyle choices can minimize the risk of Alzheimer's disease and then "flex" your cognitive muscles as you determine how to exercise your brain! This class teaches and provides tips for healthy adults how to use certain activities to help improve cognition, memory and recall. **Cognitively Normal Adults.

*Wednesday, September 14; 9:30 a.m. – Noon
Banner Sun Health Research Institute
10515 W. Santa Fe Drive, Sun City
To register, call (602) 230-CARE (2273)*

Lack of Awareness v. Denial in Dementia

Families often think their person is in denial about their dementia diagnosis. However, some people with the disease are unable to see changes in themselves. This 60 minute class will assist participants to learn the difference between denial and lack of insight providing strategies to avoid confrontation.

*Friday, September 16; 1:00 – 2:00 p.m.
La Loma Village
14260 Denny Blvd, Litchfield
To register, call (623) 207-1703*

As Dementia Progresses: Next Steps for Caregivers

This 2 hour class outlines the moderate to advanced stages of dementia, how common symptoms can be managed, and how to cope with changing function while assisting caregivers to find success in their daily efforts.

*Monday, September 19; 2:00 – 4:00 p.m.
Banner Sun Health Research Institute
10515 W. Santa Fe Drive, Sun City
To register, call (623) 832-3248*

Dementia Dialogues: Moderate Alzheimer's disease: Maintaining Connections

Now is the time when 24/7 care is required and both you and your person need to stay connected to family, friends, and meaningful activities. But how can you do this when there is so much to do? This dialogue will outline methods of finding respite care to meet the needs of the caregiver and options to keep the person engaged with activities and others.

Wednesday, September 21; Noon – 1:00 p.m. (AZ Time). Free online, register at www.banneralz.org under Education & Events and online education. If you have any questions, please call (623) 832-3248

Mindfulness Matters 6 Week Session

This six-week series is open to the community. Participants will learn mindfulness practice and learn how mindfulness can positively influence the mental and physical health of caregivers of persons with dementia. Caregivers will learn to incorporate these into daily life to promote personal wellness. \$25 fee for the series.

*Mondays, September 26 – October 31;
10:00 a.m. – Noon
Banner Sun Health Research Institute
10515 W. Santa Fe Drive, Sun City
To register, call (602)636-5393 or email events1@hov.org*

To learn about upcoming education and support programs dates at:

- Banner Alzheimer's Institute, visit www.banneralz.org and click on "Events Calendar" icon or call Deidra Colvin, Events Coordinator at 602-839-6850
- Banner Sun Health Research Institute, visit www.bannershri.org and click on "Events and Education" or call Veronica Flores, Events Coordinator at 623-832-3248

**These programs are made possible
by the generous support of the
Banner Alzheimer's Foundation.**



Banner Alzheimer's Institute
Banner Sun Health Research Institute

