

AUGUST 2024



CARING TOGETHER

A PUBLICATION BY THE
ALZHEIMER'S ALLIANCE
TRI-STATE AREA

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THE MISSION OF THE ALZHEIMER'S ALLIANCE:

To empower those affected by Alzheimer's disease with resources for enhancing their quality of life through education and support.

MEMORIALS

Roger Burtchell

Rosemary and Paul Hardy
Stephanie and Royce James

Keith Wayne Durrett

Lisa Howell
Tee Party

Marie Elizabeth Hagan

Shannon Duncan

Randy Shoulders

Bradley Shoulders

Pat and John Stephens

Ann Renfro

Gretchen Williams

Brenda and David Williams
Walt Williams

Nathan Wright

Sherry and John Ross III

Jerry Yates

Ann and John Droptini
Sherry Hightower
Kristi and Wade Morgan
Iris and Buddy Morgan
Cathy Roeser

HONORARIUMS**Lois and Cary Patterson**

Lisa and Steve Ledwell
Judy and Mark Smith



PROJECT LIFESAVER

Bringing Loved Ones Home

Project Lifesaver is the premier search and rescue program operated internationally by public safety agencies, and is strategically designed for “at risk” individuals who are prone to the life-threatening behavior of wandering. The primary mission of Project Lifesaver is to provide timely response to save lives and reduce potential injury for adults and children with the propensity to wander due to a cognitive condition.

HOW IT WORKS: CALL **911**

If an enrolled client goes missing, the caregiver notifies their local Project Lifesaver agency, by calling 911 and a trained emergency team responds to the wanderer's area. The first responders will then use the client's individualized frequency to triangulate the position of the individual, in an effort to locate them & return them home safely.

Does your loved one qualify for Project Lifesaver?

- ☐ Not allowed to drive a vehicle
- ☐ Cannot live alone
- ☐ Must be supervised at all times

If your loved one meets the qualifications,
contact the Alzheimer's Alliance to enroll:

 **903-223-8021**

4,337

RESCUED TO DATE INTERNATIONALLY

LOCATES
DAY OR NIGHT

AVERAGE RECOVERY TIME:
30 MINUTES



This program was partially funded by the Alzheimer's Foundation of America (AFA)

NOW FOR BOWIE, CASS AND MILLER COUNTIES

SUPPORT GROUPS:

- AUGUST 7TH
- SEPTEMBER 4TH
- OCTOBER 2ND

🕒 2:00 PM

mark your **CALENDAR**

**ALL MEETINGS AT THE
ALZHEIMER'S ALLIANCE**

📍 100 MEMORY LN.

MEMORY CAFE:

- AUGUST 24TH
- SEPTEMBER 21ST
- OCTOBER 19TH

🕒 10:00 AM



REDUCING FALL RISKS



1 Keep it lit, clear, and in reach

Adding bulbs to your living space can help your loved one see clearly. Make sure the living space is free of clutter, edges of furniture or fallen blankets can be a tripping hazard. Avoid the use of stepping stools by keeping items like cups or books in areas they can reach. Stepping stools can be a fall risk by falling off and tripping over!

2 Manage their medications

Some medications can have adverse effects on the body like dizziness. Check your medication's side effects and monitor your loved ones for any changes in balance or coordination.

3 Keep your appointments

Doctor's appointments are a way to keep your loved one in good health. Blood pressure checks and annual physicals allow for the doctors to look over your loved one and ensure they aren't experiencing any dizziness. Eye exams are also important to make sure their vision is not impaired.

4 On the move!

Don't be afraid to keep your loved ones moving. Appropriate physical activity can help strengthen muscles, prevent falls and even allow your loved one to recover quicker from potential falls. Motion is lotion!

We're looking for VOLUNTEERS!

If you or someone you know is looking for a volunteer opportunity in the **Our Place Day Respite Center**, please contact us!



Preventing Elder Financial Abuse

Older adults with memory problems are an attractive target for financial abuse. Below are some tactics to look for, prevention methods and tips to protect your loved one.

How does financial abuse occur?

- Mass mailings (fake charities or mail scams)
- Over the phone or computer (lottery scams or IRS/Treasury Department scam calls)
- In person (door-to-door salesmen or even caregivers)

Signs to look for:

- Missing valuables
- Unusual new friends, new names on accounts
- Calls from debt collectors
- Strange charges on medical bills
- Social isolation



How to avoid financial abuse:

- Safeguard financial and personal information
- Use safe computer practices
- Hang up the phone

If fraud happens, what do I do next?

- **All Fraud can always be reported to Adult Protective Services in your area**
- Through the mail: report to the U.S. Postal Inspection Service
- On the phone, TV or Radio: contact The Federal Trade Commission (FTC)
- In person: call your local police

Families will need to decide whether they would like to get hospice care at home or in a hospice facility. If you're choosing to place your loved one, keep this in mind:



How to prepare for:

HOSPICE

BrainLife
HEALTHCARE TECHNOLOGY

Check your insurance coverage



No matter what insurance your loved one is covered by the plan should have a list of hospice providers. If they are enrolled in Medicare, they must use a Medicare-certified provider.

Look for certifications



Make sure the hospice center you chose is accredited, either by the Joint Commission or by the community health Accreditation Program. These certifications are important to know the quality of care at the hospice or home health center.

Talk to your doctor.



Neurologists may recommend specific hospices and they should be familiar with their patient's conditions and accommodations they might need.

Schedule an informational meeting



A meeting with the hospice center can allow you to become familiar with the facility, staff and their routines. Switching to a new environment can be difficult for someone with Alzheimer's or another related dementia. See if the facility allows you to bring items from home that can make your loved one feel at ease.

You can **compare** hospices on the U.S. Centers for Medicare and Medicaid Services website.

(MEDICARE.GOV/CARE-COMPARE)



WHAT'S UP AT:

OUR PLACE



Our place has been celebrating being "Born in the U.S.A.!"

In the past month at the Our Place Day Respite Center, we celebrated the 4th of July with a burst of creativity and joy. The festivities included a range of crafts and activities that brought everyone together. We decorated the Christmas tree with red, white, and blue ornaments to honor the holiday spirit and celebrated numerous birthdays with homemade desserts!



TRAVELING WITH DEMENTIA

Living with Alzheimer's or another form of dementia does not have to hinder participation in meaningful activities like travel. However, it does demand careful planning to guarantee safety, comfort, and enjoyment for all involved.

Make the trip as relaxing as possible

- Plan ahead
- Learn the warning signs for agitation and identify strategies to reduce them
- Be mindful about giving your loved one with dementia directions. Don't overload them with information

Consider these suggestions

- Evaluate options for the best mode of travel. Based on needs, abilities, safety and preferences, decide what would provide the most comfort and the least anxiety.
- If you will be staying in a hotel, consider informing the staff ahead of time of your specific needs so they can be prepared to assist you.
- Have a backup plan in case your trip needs to change unexpectedly. This may mean purchasing travel insurance if you have booked flights or hotels.
- Travel during the time of day that is best for the person. For example, if he or she becomes tired or more agitated in the late afternoon, avoid traveling at this time.

Air Travel:

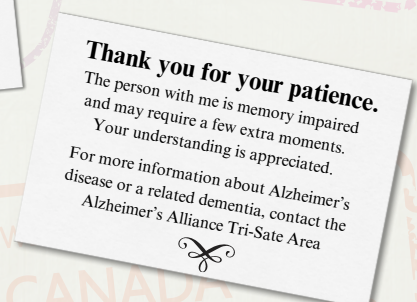
- Make your reservation through a travel agency or by working with the airline directly. Doing so allows you to add notes or instructions to the reservation for special needs such as wheelchair assistance or in-flight meals.
- Avoid scheduling flights that require tight connections.
- If traveling through an unfamiliar airport, review a map of the facility to plan for distance between connecting flights, locations where security re-entry may be required and locate convenient locations such as restrooms.
- Stay with your travel companion at all times.



DOCUMENTS TO BRING

- DOCTOR'S NAMES AND CONTACT INFORMATION
- CURRENT MEDICATIONS AND DOSAGES
- LIST OF FOOD AND DRUG ALLERGIES
- EMERGENCY CONTACTS
- INSURANCE INFORMATION (POLICY NUMBERS, MEMBER NAME)

The Alzheimer's Alliance offers convenient cards for caregivers to use when traveling or going on trips with their loved ones. These cards inform others about memory impairments and express appreciation for their patience and understanding. They are designed to help facilitate smoother interactions and ensure that your loved one's needs are recognized and respected while you're on the go.



These cards are available upon request at the Alzheimer's Alliance office!

100 Memory Ln. Texarkana, TX 75503