



Living at Garden View Care Center is Fun!
(636) 449-7575

HOW-TO

When someone you love begins showing signs of confusion and forgetfulness, they may have a form of dementia. There are many types of dementia; the most common is Alzheimer's disease. One of the most recommended interventions is to keep the affected person active physically and mentally. Following are several options to stimulate their mind and body. See what fits best for you and the person with dementia.

FIND SERVICES FOR PEOPLE WITH DEMENTIA

TIPS

TO DETERMINE WHEN TO MOVE TO A NURSING HOME

Ask yourself these questions about your loved ones with dementia:

CAN THEY GET LOST?

- Do they wander at night?
- Do they attempt to go outdoors?

ARE THEY A SAFETY RISK?

- Do they use the stove?
- Are there open electrical outlets?
- Do they smoke?
- Are there throw rugs in the house?
- Are there steps to climb?
- Can they take their medications as ordered?
- Will they eat and drink without assistance?

CAN THEY BE TAKEN ADVANTAGE OF?

- Are they paying their own bills and signing checks?
- Who are they giving their credit card numbers to?
- Will they let visitors in?

Many seniors fall prey to unethical salespeople and identity thieves. To avoid, make sure there is a family member or trusted friend on bank accounts and Power of Attorneys.

SKILLED NURSING

Make sure the facility is licensed as a skilled nursing facility and staffed according to state regulations or above; not all are. Look for facilities that specialize in dementia, offer additional dementia training for staff, and have separate programs for those in the beginning stages of the disease. When touring, notice if there is staff to resident interaction and activities going on; not just listed. Ask if you can talk to families of those living in the facility. To check staffing ratios and state deficiencies of facilities in your area go to: www.medicare.gov.

ADULT DAY PROGRAMS

This is one of the most affordable of services. They start at \$55.00 a day in the west county area. These programs offer socialization with peers, activities for fun, and an often needed but overlooked, break for the caregiver. Some offer transportation, bathing, physician services, and beauty shop. Check on state licensing, staff ratios, and safety features such as alarmed doors.

ALZHEIMER'S SUPPORT GROUPS

Don't forget about you! If you are not healthy, who will help the person with dementia? The meetings are usually 1-1 1/2 hour to talk about caregiver stress, learn resources, and ask questions of other families in the same situation. Call the Alzheimer's Association at 314-432-3422 to learn of groups in your area.

ASSISTED LIVING

These facilities were created for people needing minimal supervision and little

staff interaction. People with dementia tend to isolate and stay in their rooms unless they are individually escorted to events. If touring, ask to see staffing ratios on the evening and night shifts. Ask what happens if the person with dementia becomes combative or wander the facility. Pricing varies by area. Ask if there is a refundable deposit and what their ancillary charges are.

HOME SERVICES

This is probably the most difficult of all options. There are agencies, which offer nursing care or companion services. These start around \$18.00 an hour but cannot guarantee you will get the same worker, which is very important to one with confusion. You may also want to interview prospective workers recommended by friends or through your church or congregation. Make sure the workers give attention your loved one such as taking walks, playing word games, and giving hand massages. Insist on references.

If you have additional questions regarding dementia services, please call me at: 636-537-3333.



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