



MARCH 2025

# REGION 9 AREA AGENCY ON AGING CAREGIVER NEWSLETTER

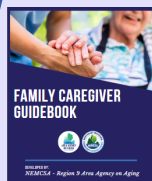
Serving the Counties of: Alcona, Alpena, Arenac, Cheboygan, Crawford, Iosco, Montmorency, Ogemaw, Oscoda, Otsego, Presque Isle and Roscommon



## REGION 9 AAA CAREGIVER PROGRAMS



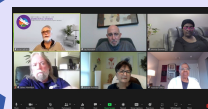
**Caregiver  
Newsletter**



**Caregiver  
Guidebook**

Powerful Tools  
FOR Caregivers

**Powerful Tools for  
Caregivers**



**Caregiver Webinar  
Series**



**Caregiver Resource  
Center**



**Kinship Care  
Program**



**Handbook for Relatives  
Raising Relative Children**



**Caregiver  
Empowerment and  
Wellness Conference**

**20% OF FAMILY CAREGIVERS SUFFER  
FROM DEPRESSION, TWICE THE RATE OF  
THE GENERAL POPULATION.**

Self-Care is not "me only." It is "me too."



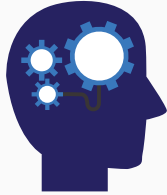
# DEMENTIA: ELEMENT OF THOUGHT

Dementia is an umbrella term used to describe a set of symptoms that can include changes in:



## ORGANIZATION

Establishes the sequence of activities that lead to task accomplishment.



## ATTENTION

Attention allows us to remain focused and to deal with the many distractions that occur in the environment. A person living with dementia experiences a weakened attention span.



## JUDGEMENT

The ability to make sensible conclusions, such as the safety or benefit of a situation. It allows us to imagine the possible outcomes of a situation and consider the negative consequences of making a bad decision.



## MEMORY

Damage to the brain can affect areas of the brain involved in creating and retrieving memories.



## LANGUAGE

Dementia can affect how a person communicates and the language they use.



## REASONING

The ability to think and understand things in a logical way.



## ABSTRACTION

The ability to consider the world in non-concrete terms such as numbers, time, directions, and hypothetical situations.



## PERCEPTION

Perception engages our senses, allowing us to take in the world around us.



**ONE IN TEN CAREGIVERS REPORT THAT  
CAREGIVING HAS CAUSED THEIR PHYSICAL  
HEALTH TO GET WORSE**





# DEMENTIA ACTIVITIES

HERE ARE SOME ACTIVITY OPTIONS FOR YOUR PERSON WITH DEMENTIA.



**Cut  
Magazines**



**Toss n Talk  
About Ball**



**Pair  
Game**



**Sensory  
Items**



**Cooking/  
Baking**



**Listen to  
Music**



**Flower  
Arrangements**



**Bingo**



**Crafts**



**Hand  
Massage**



**Fold  
Laundry**



**Un-tie  
Knots**

## Tips for Successful Engagement:

- Keep activities simple and brief, and individualized when possible.
- Be mindful of the individual's needs.
- Establish consistent routines.
- Plan activities for the times when your loved one tends to function at their best during the day.
- Use activities that can re-establish old roles.
- If the participant is anxious, focus on activities that promote relaxation.
- Focus on the activity, not the outcome.
- Find creative ways to encourage physical activity.
- Reminiscing can be comforting.
- Repetitive tasks such as gardening are fulfilling.

**A NEW CASE OF DEMENTIA  
ARISES SOMEWHERE IN THE  
WORLD EVERY 3 SECONDS**





# TYPES OF SELF-CARE

- Brunch with friends.
- Go on a date.
- Call someone special



Social



Spiritual

- Meditation.
- Yoga.
- Go to a place of worship.
- Be in nature.
- Dedicate time for self-reflection.
- Go to a prayer group.



Mental

- Reading a book.
- Solving a puzzle.
- Playing chess.
- Go to a museum.
- Practice mindfulness.
- Take a break
- Listen to music.
- Listen to a podcast.



Emotional

- Practicing mindfulness.
- Journaling.
- Setting boundaries.
- Talking things through with a supportive friend.
- Allow yourself to feel your emotions.
- Get to know your emotional triggers.



Physical

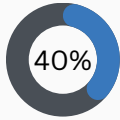
- Eat a healthy meal.
- Engage in exercise.
- Go for a walk.
- Drink water.
- Getting Good Sleep
- Have a cup of tea.
- Sit in the sunlight.
- Take a shower or bath.





# ARE YOU GETTING ENOUGH SLEEP?

Sleeping is an essential basic human need for your physical and mental health, like eating, drinking, and breathing. Like these other needs, sleeping is vital for good health and well-being throughout your lifetime. Learn about the causes, risk factors, symptoms, and treatment of sleep deficiency.



Report falling asleep during the day without meaning to at least once a month.

1 in 3 adults in the United States reported not getting enough rest or sleep every day.



50 to 70 million Americans have chronic, or ongoing, sleep disorders.

## HOW MUCH SLEEP DO YOU NEED?



**Newborn**  
14 - 17  
Hours



**Infant**  
12 - 15  
Hours



**Toddler**  
11 - 14  
Hours



**Preschool**  
10 - 13  
Hours



**School Age**  
9 - 11  
Hours



**Teen**  
8 - 10  
Hours



**Young  
Adult**  
7 - 9  
Hours



**Adult**  
7 - 9  
Hours



**Older  
Adults**  
7 - 8  
Hours



## DEMENTIA AND SLEEP

Dementia often changes a person's sleeping habits. They may sleep a lot, or not enough, or wake up many times during the night. Poor sleep quality can make dementia symptoms worse.

- Follow a regular schedule by going to sleep and getting up at the same time each day.
- Expose them to the light throughout the day.
- Develop a bedtime routine.
- Avoid alcohol and nicotine.
- Treat any pain.
- Avoid giving medications before bed.
- Have the person with dementia engage in physical activity throughout the day.
- Limit napping.
- Provide nightlights and security objects.
- Dim the lights, have the room temperature set as cool, and no electronic screens.
- Avoid caffeine and naps late in the day.
- If the person awakens, discourage staying in bed while awake; use the bed only for sleep.
- Talk to the physical about the sleeping problem.



# HOME FOR A LIFETIME

**Do you have plans to remodel, here are some helpful designs ideas to make your home more flexible and functional for everyone. Such as no-step entryways, pull-out cabinets and single-lever faucets.**

## Questions to Ask Yourself:

- Are in the right place that you plan on staying forever?
- Does your home fit you and how you want to live, now and in the future?
- What features would make a home more flexible and functional?
- Are features in your home easy to use?
- Do you have cabinets in your kitchen that are almost completely inaccessible?
- Could the storage space be better designed?
- Are the electrical outlets in your home low and out of the way so that they are difficult to reach?
- Would a built-in shower seat provide a relaxing place to sit to restore aching muscles after a workout?
- Do you have any health conditions that could affect what kind of living space would be most convenient for you?

## Things To Do:

- A master bedroom and bath on the first floor.
- Low- or no-threshold entrance to the home.
- Lever-style door handles.
- No change in levels on the main floor.
- Bright lighting in all areas, especially stairways and the kitchen.
- A low-maintenance exterior.
- Non-slip flooring at the main entryway.
- An open floor plan, especially in the kitchen/dining area.
- Handrails at all steps.
- Hallways that are 42 inches long.
- Doorways are at least 36 inches wide.
- Electrical outlets raised to 18-24 inches from the floor.
- Long slender cabinets that pull out on wheels.
- An adjustable-height shower head.
- A toilet seat that is 18 inches high.
- Rounded corners on countertops.
- Add a built-in shower seat.

## Resources:

- Home Design and Planning for the Lifestyle You Want
- Remodeling Today for a Better Tomorrow: Kitchen and Bathroom
- AARP Home Checklist for Aging in Place
- AARP Home Checklist

**77% OF ADULTS OVER 50 WOULD PREFER  
TO AGE IN PLACE.**



**70% OF CAREGIVERS FOR PEOPLE WITH DEMENTIA REPORT SLEEP PROBLEMS, 60% REPORT SLEEPING LESS THAN 7 HOURS, AND 10-20% USE ALCOHOL TO GO TO SLEEP AND/OR SLEEP MEDICATION.**



## THE PHYSICAL DEMANDS OF A FAMILY CAREGIVER



**Lifting heavy items.**



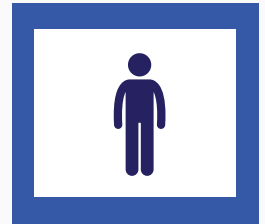
**Pushing and pulling heavy objects.**



**Twisting, turning, and bending.**



**Carrying items.**



**Standing for a long period of time.**



## LIFT CORRECTLY – SAVE YOUR BACK

**Follow these tips to avoid compressing the spinal discs or straining your lower back when you are lifting:**

1. Keep a wide base of support. Your feet should be shoulder-width apart, with one foot slightly ahead of the other.
2. Squat down, bending at the hips and knees only. If needed, put one knee on the floor and your other knee in front of you bent at a right angle (half kneeling).
3. Keep good posture. Look straight ahead, and keep your back straight, your chest out, and your shoulders back. This helps keep your upper back straight while having a slight arch in your lower back.
4. Slowly lift by straightening your hips and knees (not your back). Keep your back straight, and don't twist as you lift.
5. Hold the load as close to your body as possible, at the level of your belly button.
6. Use your feet to change direction, taking small steps.
7. Lead with your hips as you change direction. Keep your shoulders in line with your hips as you move.
8. Set down your load carefully, squatting with the knees and hips only.



### Keep In Mind:

- Do not attempt to lift by bending forward. Bend your hips and knees to squat down to your load, keep it close to your body, and straighten your legs to lift.
- Never lift a heavy object above shoulder level.
- Avoid turning or twisting your body while lifting or holding a heavy object.



# TRANSFERRING SAFELY

1. Your head and chest should be up and straight.
2. Keep your feet a little wider than your shoulder width.
3. Keep the person's head, torso, and legs in line during the transfer.  
Stand close to the person before you move them.
4. Lift with your legs, not with your back.
5. The person's arms should be crossed over his or her chest before a move.
6. Ask the person to help as much as possible.
7. Have the person scoot to the edge of the bed if he or she is able.
8. Move the person smoothly, without sudden movements.
9. Use the right device to help you transfer the person safely.
10. Lock the wheels of a wheelchair or walker before you move the person.

## Keep In Mind:

- Do not let the person hold on to your neck.
- Before transferring check the person for pain or other problems.
- Remove anything you might trip over.
- Wear shoes with non-slip soles.



# TRANSFER ADAPTIVE EQUIPMENT

Here are some Adaptive Equipment for moving, or transferring someone.



Slide/Transfer Board



Slide Sheets



Sit to Stand Aid



Swivel Seat



Hoyer Lift/Hoist



Transfer Belts



Grab Bars



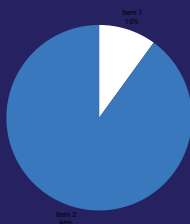
Transfer Sling



Shower Chair



Commode



TEN PERCENT OF PRIMARY CAREGIVERS REPORT THAT THEY ARE PHYSICALLY STRAINED.





## PHISHING EMAIL

It is important to question the legitimacy of every email you receive. Below is a list of questions to ask yourself about the content and body of the email that may help you realize that you are being phished (scammed).

- Is the sender asking me to click on a link or open an attachment to avoid a negative consequence, or to gain something of value?
- Is the email out of the ordinary, or does it have bad grammar or spelling errors?
- Is the sender asking me to click a link or open up an attachment that seems odd or illogical?
- Do I have an uncomfortable gut feeling about the sender's request to open an attachment or click a link?
- Is the email asking me to look at a compromising or embarrassing picture of myself or someone I know?

If you notice anything about the email that alarms you, do not click links, open attachments, or reply.



## ASK YOUR PHARMACIST:

**If you or someone you know struggles with addiction call SAMHSA National Helpline: 1-800-662-4357**

Is it safe for me to drive while taking this medication?

How much medicine should I take?

Should I take the medicine with food or not?

What does "as needed" mean?

How many times a day should I take it? At what time(s)? If the bottle says take "four times a day," does that mean four times in 24 hours or four times when I am awake?

What if I cannot afford this medication?

If I forget to take my medicine, what should I do?

What does this medication do?

Is there anything I should not eat or drink when taking this medicine?

# IMPORTANT DATES

## Healthy Living Webinar:

### Medication Safety

VIRTUAL  
MARCH 13, 2025  
1:00 PM - 2:00 PM

## Caregiver Webinar: Body, Mind, & Soul: Building A Caregiver Wellness Plan

VIRTUAL  
MARCH 14, 2025  
1:00 PM - 2:00 PM

## Caregiver Journal

VIRTUAL  
MARCH 14, 2025  
3:00 PM - 4:00 PM

## Dementia Caregiving Series

VIRTUAL  
MARCH 6 - MARCH 27, 2025  
2:00 PM - 4:00 PM

## Caregiver Empowerment and Wellness Conference

CRAWFORD COUNTY  
April 25, 2025  
9:00 AM - 4:00 PM

## Caregiver Event

ARENAC COUNTY  
SAGANING TRIBAL CENTER  
MAY 15, 2025  
11:00 AM - 2:30 PM



## HELPFUL DEMENTIA TIPS

Here are some practical tips for caregivers to manage the dementia journey.

- Do not argue, reason, or explain.
- Provide simple concrete direction.
- Live in the moment.
- Consider that the fictional shows on TV may be misinterpreted for a real situation.
- Do not give advance mention to impending events, but rather wait until it is actually time to get ready.
- Keep to uncrowded and quiet outings.
- Provide reassurance.
- Distractions become more and more of a problem for your loved one a reason not to drive.
- Avoid using power tools and sharp utensils.
- Reassurance is important.



## ALIVE INSIDE

Social worker Dan Cohen advocates for the use of music therapy with dementia patients and how music can awaken the minds of people suffering from dementia. It shows patients reacting to exposure to what had been their favorite music at a different time in their lives, and this footage.

For more information visit: [www.aliveinside.us/#land](http://www.aliveinside.us/#land)



## I DIDN'T SEE IT COMING: SCENES OF LOVE, LOSS, AND LEWY BODY DEMENTIA

Written Mary Lou Falcone

This deeply personal memoir takes readers on a cathartic journey of caregiving as Ms. Falcone unflinchingly shares in detail her late husband's struggle with Lewy body dementia (LBD). This heartrending, progressive disease affects so many and is characterized by progressive cognitive and functional decline over time.



## WHERE CAN I FIND MORE HELPFUL INFORMATION?

Region 9 Area Agency on Aging Special Projects Coordinator is available weekdays, 8:30 a.m. to 4:30 p.m. to answer your questions, register you for caregiver workshops, provide resources, and to support you and the person you are caring for.

Contact Brooke at 989.358.4616 or  
[mainvilleb@nemcsa.org](mailto:mainvilleb@nemcsa.org)