

Respite Care



Respite care provides caregivers a temporary rest from caring for a loved one. It also allows caregivers time to take care of errands while having comfort and peace of mind, knowing their loved one is safe. Respite care can be provided in the home by a private duty agency or in an adult day program that provides quality care and structured activities in a safe, comfortable setting.

If you need financial assistance to help cover the cost of respite care, visit our website or call us to learn more about the **Fred Haynes Dementia and Alzheimer's Respite Care Fund**. This fund provides respite care grants for caregivers in St. Clair County annually.

For help locating in home private duty agencies, check our website under the "Respite Grant" tab or call us for assistance.

ADULT DAY PROGRAMS

- ◆ **Council on Aging, Inc.**
Starpath Adult Day Program
600 Grand River Ave. Port Huron
810-984-8970
www.thecouncilonaging.org
- ◆ **Visiting Nurse Association**
Specialized Adult Day Program
1430 Military St., Suite A
Port Huron
810-984-4131
www.vnabwh.com



**Dementia & Alzheimer's Resource
Committee (D.A.R.C.)**
www.darcsc.org
Phone: 810-990-9558

Alzheimer's Disease Stages



The symptoms of Alzheimer's disease vary from person to person and often experience the disease in different ways. This includes the rate at which the disease progresses and the type and severity of the symptoms. These differences depend on many factors including age, personality, physical health, family history, and cultural and ethnic backgrounds. Some of the signs and symptoms may overlap from one stage to the next.

Mild Alzheimer's Disease

- ◆ Difficulty remembering recent events.
- ◆ Asking the same questions repeatedly.
- ◆ Trouble handling money or paying bills.
- ◆ Misplacing items, such as putting their wallet in the refrigerator.
- ◆ Wandering or becoming lost.
- ◆ Personality and behavior changes.
- ◆ Depression is common and should be treated as soon as possible.

Moderate Alzheimer's Disease

- ◆ Memory loss and confusion grow worse.
- ◆ Unable to learn new things
- ◆ Unable to recall relevant aspects of their current lives, e.g. address, names of loved ones, day of the week.
- ◆ Losing the ability to read and write.
- ◆ May have delusions, hallucinations and paranoia, and may behave impulsively.
- ◆ May be incontinent.
- ◆ Unable to carry out multistep tasks such as getting dressed.
- ◆ Change in sleeping patterns - excessively long (10-12 hours) or short bursts (2-4 hours).

Severe Alzheimer's Disease

- ◆ Can no longer think or reason.
- ◆ Motor activities have deteriorated - can no longer walk, sit up or communicate.
- ◆ Completely dependent on others for their care: bathing, dressing, and eating
- ◆ Incontinence due to lack of bladder and bowel control.
- ◆ Bedridden
- ◆ Very vulnerable to pneumonia.

Caregiving Tips



- ◆ Most important— **DO NOT ARGUE**, instead redirect the person's attention.
- ◆ Simplify tasks and routines.
- ◆ Be sensitive to frustration about expressing wants and needs, validate their feelings.
- ◆ Develop soothing rituals with regular daily routines, comforting objects, gentle music and reassuring touch. Try to eliminate clutter, noise, glare, and excessive background noise.
- ◆ If your loved one is experiencing a sudden change in behavior, make sure they are comfortable and check regularly for pain, hunger, thirst, constipation, full bladder, fatigue, infection and skin irritation.
- ◆ Allow enough rest between stimulating events, such as visits from friends or neighbors.
- ◆ Avoid open-ended questions: ask yes or no questions instead.
- ◆ Begin to plan for the future. This may include getting financial and legal documents in order, and investigating long term care options. Find out what services are covered by health insurance including Medicare and Veterans benefits, and long term care policies if you have one.
- ◆ Equip doors and gates with safety locks.
- ◆ Remove guns from the home.
- ◆ ***Make sure you take care of yourself as the caregiver!***



ALZHEIMER'S/DEMENTIA CAREGIVER SUPPORT GROUPS

- ◆ **McLaren Port Huron**
1320 Washington Avenue, Port Huron
4th Tuesday of the month at 1:00 p.m.
For more information, call 810-989-3121
- ◆ **1st Congregational Church**
300 Adams Street, St. Clair
4th Thursday of the month at 1:00 pm
For more information, call 810-326-0798

LOCAL HELP/REFERRALS

- ◆ **2-1-1**
- ◆ **Council on Aging Inc. serving St. Clair County**
810-984-5061

OTHER RESOURCES

- ◆ **Alzheimer's Association**
Harry L. Nelson Help Line 1-800-272-3900 (24/7)
www.alz.org
- ◆ **ADEAR - NIA Alzheimer's and related Dementias Education and Referral Center**
1-800-438-4380
www.nia.nih.gov/alzheimers
- ◆ **Area Agency on Aging 1-B**
1-800-852-7795
www.aaa1b.org
- ◆ **Michigan Alzheimer's Disease Center (Research)**
734-936-8803
www.alzheimers.med.umich.edu/research

BOOKS

- ◆ **36 - Hour Day** - by Nancy Mace and Peter Rabins
- ◆ **Coach Broyles' Playbook for Alzheimer's Caregivers: A Practical Tips Guide** - by Frank Boyles (book written for men)
- ◆ **Coping with Behavior Change in Dementia** - by Beth Spencer & Laurie White
- ◆ **Mayo Clinic - Guide to Alzheimer's Disease** - by Ronald Petersen

Dementia & Alzheimer's Resource Committee (D.A.R.C.)

The Dementia & Alzheimer's Resource Committee began as a vision of a caregiver who wanted to improve the lives of those living with dementia and their families.

In 2014, a group of dedicated health & human service professionals came together to make the vision a reality. We are now a 501c3 with a Board of Directors and an active membership committee.

Our mission is to support and provide assistance to individuals in St. Clair County who are affected by dementia and Alzheimer's disease and their families.



We also provide:

- ◆ **EDUCATIONAL PROGRAMS**
- ◆ **RESPIRE CARE GRANTS**
- ◆ **ANNUAL ALZHEIMER'S WALK- last Sunday in September**

Visit our website for more information



Dementia/Alzheimer's Resource Committee of St. Clair County

Website: www.darcsc.org
Email: contact@darcsc.org
Phone: 810-990-9558

This pamphlet was created by the:
Dementia / Alzheimer's Resource Committee of St. Clair County



The Dementia & Alzheimer's Resource Committee

www.darcsc.org
Phone: 810-990-9558

Finding out that a loved one has dementia or Alzheimer's Disease can be stressful, frightening and overwhelming.

Work to develop a partnership with your loved ones physician. Write your questions down as you think of them. Also ask if a Mini-Mental State Examination (MMSE) has been performed. Above all, learn all you can about the condition and about the resources that are available to you.

ALZHEIMER'S DISEASE

Alzheimer's disease is not a normal part of aging. Alzheimer's disease is an irreversible, progressive brain disorder that slowly destroys memory and thinking skills over time. Alzheimer's is the most common cause of dementia in older adults, with symptoms appearing in the mid-60s. The most common early symptom of Alzheimer's disease is difficulty remembering newly learned information. Approximately 5 million people are living with Alzheimer's disease in the United States.

DEMENTIA

Dementia is a term that describes the symptoms associated with a decline in memory or other thinking skills. It is not a disease. There are many causes of dementia, but Alzheimer's disease is the most common and accounts for 60 to 80 percent of cases. The second most common cause of dementia is Vascular dementia, which occurs after a stroke.

You are not alone
We are here to help!