

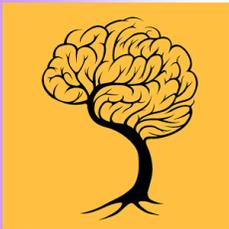
Mind Matters

A Behavioral Health Newsletter

June 2016

Living Well With Dementia

AN APP A DAY!



Dementia Support

- Free
- Support for individual and family
- Advice and Tips
- Insight on challenges and difficulties that face those affected by dementia and those around them.

Dementia is a syndrome caused by a variety of brain illnesses that affect memory, thinking, behavior and ability to perform everyday activities. Alzheimer's disease is the most common type of dementia, accounting for 60 to 80 percent of cases.

New research suggests that people are often correct when they think their memory is declining. Individuals may pick up on subtle signs before they are obvious to others. Memory problems normally associated with aging don't adversely affect everyday life. If someone forgets where they put their keys, it may be because that individual is not well organized. However, if someone forgets what keys are used for or how to unlock doors, it may be a more serious matter.

A diagnosis of dementia can be emotionally overwhelming for the individual as well as the family. Individuals with dementia require more intensive care and assistance as the dementia worsens.

Seeing a Behavioral Health Provider about Dementia

BH providers work to assess, diagnose, treat and support individuals with dementia and to lighten the burden on the families that care for them. BH providers have developed methods for measuring memory capabilities to assess what is likely normal aging versus the first signs of dementia. They can also help sort out when memory loss might be

associated with treatable causes like depression or sleep disturbance.

BH providers help minimize the changes in mood and behavior associated with dementia and work with the family to design living environment, provide tools and put procedures in place that allow a person with dementia to function as well as possible. BH providers also facilitated communication among family members to help identify preferences early in the process for things like: support services, such as home health aides; financial and legal planning; and day-to-day activities. Once the person with dementia is no longer able to make decisions on their own, BH provider can help families implement these plans.

In the earliest stages, individuals with dementia as well as their family members may experience anxiety, sadness and even depression. BH providers can provide strategies to manage these emotions. As the dementia progresses, BH providers can assist caregivers and families by helping them maintain their loved one's quality of life.

Developing a Treatment plan

BH providers may work with individuals/families with dementia through private practice or part of a care team. BH providers will work with the individual and family to develop strategies to improve quality of life and manage emotions related to the dementia diagnosis.

In working with a BH provider, an individual with dementia and those who provide care for them may discuss what is already being done well to manage the dementia and which behaviors may be improved. For example, individuals with dementia and those who provide care for them may be asked to complete tasks outside the therapy session. One example is practicing memory tools, which can help individuals become more organized to better manage their symptoms of memory loss. These tools might include:

- Using an alarm as a reminder to take medication.
- Using combined calendar, to-do list and journal as memory aide.
- Establishing routines to identify, plan and carry out pleasant activities within the capacity of the care recipient.

Physical Activity May Help Treat Dementia

Recent and accumulating evidence demonstrates that it is not just the body that benefits from exercise, but the brain, too.

Although medications have no proven neuroprotective effect on dementia, an evolving literature documents significant benefit of long-term, regular exercise on cognition, dementia risk, and perhaps dementia progression.

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SUICIDE
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LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

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The exercise parameters cannot be precisely defined, but the connotation is aerobic physical exercise that is sufficient to increase the heart rate and the need for oxygen. Presumably, this must be sustained (e.g., for at least 20–30 minutes per session) and ongoing.

For example, a 2013 study from the University of Maryland School of Public Health showed that after just 12 weeks of a moderate exercise program, their subjects, older adults ages 60–88, improved their neural efficiency (e.g., memory, reasoning, judgment and thinking skills).

Moreover, research has demonstrated that even acutely impaired geriatric inpatients with dementia are able to carry out and benefit from some forms of exercise, dispelling the often held view that they are unable to participate in rehabilitation programs.

How Much Physical Activity Do Older Adults Require?

Current recommendations are that adults age 65 years or older who are generally fit and have no limiting health conditions should do at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity activity throughout the week, or an equivalent combination of

moderate- and vigorous-intensity activity. It is thought that aerobic activity can be broken up into smaller chunks of time during the day, as long as they are at least 10 minutes each. If chronic conditions preclude activity at the recommended minimum amount, older adults should perform physical activities as tolerate to avoid being sedentary. In addition to aerobic activities, exercise prescriptions for older adults should also include muscle strengthening and flexibility exercises performed at least twice weekly.

Copied from: American Psychological Association 6/16/16

Troy Montana's Old Fashioned 4th of July

Celebration!

Monday, July 4th

Location: Roosevelt Park in Troy, MT

Cost: FREE

Website: <http://troymtchamber.org/>



Caregiver Stress:

Caring for a loved one with dementia is a big job. Nearly 60 percent of Alzheimer's and dementia caregivers rate the emotional stress of caregiving as high or very high, and more than one-third of them report symptoms of depression. The demands of physical caregiving and constant supervision combined with the emotional toll of seeing a loved one so altered by dementia can be a lot to handle. However, the best thing caregivers can do for their loved ones is to stay mentally and physically strong.

BH providers can encourage caregivers to improve their well-being in a number of ways:

- Actively manage stress by taking time to exercise, meditate or talk to a friend. Finding positive, healthy ways to manage stress can lower the risk for negative health consequences.
- Accept the changes that a person with dementia is facing. Even if they can't remember a name, they may still recognize and have feelings for their friends and family.
- Understand that no one can do this alone. Seek support from friends, family or a support group. For many, this support may be enough. But if a caregiver finds himself or herself overwhelmed, a BH provider may be able to help.

Zesty Slow Cooker Chicken BBQ



Prep 10m, Cook 4hours, Ready In 4hours 10m

Ingredients:

- 6 Frozen skinless, boneless chicken breast halves
- 1 (12oz) bottle BBQ sauce
- 1/2 Cup Italian salad dressing
- 1/4 Cup brown sugar
- 2 Tablespoons Worcestershire sauce

Directions:

- 1) Place chicken in slow cooker. In a bowl, mix the BBQ sauce, Italian salad dressing, brown sugar, and Worcestershire sauce. Pour over chicken.
- 2) Cover, and cook for 3 to 4 hours on high or 6 to 8 on low. Pull apart and serve on buns.