

Caregiver Headlines

Parkinson's Disease

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Contact the Parkinson's Disease Helpline to get your questions answered about Parkinson's Disease.

Parkinson's Disease is when the brain stops making an important chemical called dopamine. This chemical helps your body to move, and helps your mood. People diagnosed with Parkinson's Disease can feel better by taking a pill that helps the body replace dopamine. Gradually Parkinson's Disease will get worse, but doctors can help people stay healthy longer. Listed below are some early warning signs of Parkinson's Disease. No single one of these signs means that you have Parkinson's Disease, but if more than one of these symptoms is present, speak to your doctor. An early diagnosis of Parkinson's Disease gives the best chance of a longer, healthier life.

1. Tremors or shaking:

Twitching or shaking of limbs is an early sign of Parkinson's Disease. **Shaking can be normal after lots of exercise, after an injury, or caused by a medication.**

2. Small Handwriting:

A sudden change in handwriting is often a sign of Parkinson's Disease. People with

Parkinson's Disease may notice that their handwriting has gotten suddenly smaller than it was in the past. People may notice the way they write words on a page has changed, such as letter sizes are smaller, and the words are crowded. **Sometimes writing can change as people get older, but this change is not sudden.**

3. Loss of Smell:

People with Parkinson's Disease may notice that they can not smell foods as well as they had in the past. If there is trouble smelling foods like bananas, dill pickles or licorice, then people should talk to their doctor about Parkinson's Disease. **A person's sense of smell can be changed by a cold, flu or stuffy nose, but it should come back when they are better.**

4. Trouble Sleeping:

People with Parkinson's Disease, or their spouse, may notice that they thrash around in bed while deeply asleep, or even start falling out of bed while asleep. These sudden movements

during sleep may be a sign of Parkinson's Disease. **It is normal for everyone to have a night when they "toss and turn" instead of sleeping.**

5. Trouble moving or walking:

An early sign might be stiffness or pain in a person's shoulder or hips. People sometimes say their feet seem "stuck to the floor." Others may notice that your look stiff or that your arms don't swing when you walk.

Arthritis might cause the same symptom. Also, an injury to the arm or shoulder may leave it unable to be used until properly healed.

6. Constipation:

Straining to move your bowels can be an early sign of Parkinson's Disease. **Constipation can be caused by lack of water or fiber in your body and some medications. If there is no other cause for constipation such as diet or medication, then consult your doctor.**

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Parkinson's Disease cont.



When caring for a loved one with Parkinson's Disease it is important for the caregiver to reach out to family and friends.

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7. **Soft or Low Voice:**

Parkinson's Disease can cause a change with a person's voice. Sometimes people think that others are losing their hearing, when really they are speaking more softly. **A chest cold or other virus can affect a person's voice, but it should only last during the illness, not permanently.**

8. **Masked Face:**

A serious looking face is called masking. If your loved one has a blank stare or does not blink their eyes very often, consult your doctor about Parkinson's disease. **Some medications can cause people to have the same type of serious**

look, so talk to your doctor.

9. **Dizziness and Fainting:**

Feeling dizzy or fainting can be signs of low blood pressure and can be linked to Parkinson's Disease. **Everyone has had a period of dizziness, but if it happens on a regular basis talk to your doctor.**

10. **Stooping or Hunching Over:**

If you notice a loved one seems to be stooping, leaning, or slouching when they stand, it could be a sign of Parkinson's Disease.

There could be a pain from an injury or an illness that may lead to leaning. Also, there may be a problem with

the bones to make them hunch over.

If your loved one is diagnosed with Parkinson's Disease, work with your doctor to create a plan for them to stay healthy as long as possible. Sometimes starting a regular exercise program can delay further symptoms. Talk with family and friends who can provide both you and your loved one with the emotional support that you need. Also, consider joining a support group. Contact the Caregiver Advisor about caring for a loved one with Parkinson's Disease or available support groups at:

1.888.560.8805 ext. 1062.

Source:

www.parkinson.org

Nursing Home Transitions



Both the caregiver and care receiver have problems adapting to the nursing home.

Making the decision to place a loved one in a nursing home can alter caregiving tasks, and change both the caregiver's life and their loved one's life. Caregivers find that taking care of their loved one is their purpose. However once their loved one is in a nursing home caregivers feel as if they no longer have a purpose.

After having been a full-time caregiver, many struggle with what their "role" is in their loved one's life. Even though your loved one is in a nursing home, it is still important to maintain as much involve-

ment as possible. This will help your loved one stay content and peaceful, but give reassurance that they are adjusting well. Check with the nursing home activities calendar to see when activities are scheduled, and schedule your visits accordingly. If caregivers are with their loved one they may be more open to trying new activities.

Also, get to know the staff at the nursing home. The better caregivers know the staff, the better for them and their loved one. Caregivers will feel more secure

in the level of care their loved one receives while at the nursing home. Also, it is easier for the staff to provide more personal care if they know your loved one's likes and dislikes.

Placing a loved one in the nursing home can be a difficult decision, but over time both the caregiver and their loved one can adapt to this change.

Source:

www.issueswithcaregiving.com

Library Resource Hours

Fayette County: Evans Public Library
 521 5th Street
 Vandalia, IL

10:00 a.m. — 1:00 p.m. **(by appointment only)**

Next Visits: April 5
 May 3
 June 7



Remember...
 Please call at least one day in advance to schedule your appointment with the Caregiver Advisor during Library Resource Hours toll-free at 1.888.560.8805 ext. 1062.



Effingham County: Helen Matthes Library
 100 Market Street
 Effingham, IL

10:00 a.m. — 1:00 p.m. **(by appointment only)**

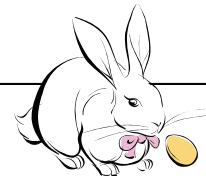
Next Visits: April 7
 May 5
 June 2



Marion County: Bryan-Bennett Library
 315 S. Maple Street
 Salem, IL

1:00 p.m. — 3:30 p.m. **(by appointment only)**

Next Visits: April 19
 May 17
 June 21



Jefferson County: CE Brehm Memorial Library
 100 S. 7th Street
 Mt. Vernon, IL

10:00 a.m. — 1:00 p.m. **(by appointment only)**

Next Visits: April 14– Thursday
 May 10
 June 14



Clay County: Flora Public Library
 216 N. Main Street
 Flora, IL

1:30 p.m. — 3:00 p.m. **(by appointment only)**

Next Visits: April 26
 May 24
 June 28



Out of clutter, find simplicity. From discord, find Harmony. In the middle of difficulty lies Opportunity.—Albert Einstein
 Schedule your appointment today to meet with the Caregiver Advisor.



Caregiver Connection: Learn, Share, Connect (In Vandalia & Mt. Vernon)

Fayette County & Surrounding Area

April 5
May 3
June 7

3:00 — 4:00 p.m.

Brookstone Estates
1607 W. Fillmore Street
Vandalia, IL

“Understanding Dementia Behaviors” Caregivers will discuss some different behaviors of people with dementia, and some different ways caregivers can deal with these behaviors. The seminar will be presented by Trisha Katt, BA Caregiver Advisor at Heartland Human Services.

Jefferson County & Surrounding Area

April 14—Thursday
May 10
June 14

3:00 — 4:00 p.m.

Lavender Ridge Memory Care
1400 S. 34th Street
Mt. Vernon, IL

Meets in Activity Room
“Understanding Dementia Behaviors” Caregivers will discuss some different behaviors of people with dementia and some different ways caregivers can deal with these behaviors. The seminar will be presented by Trisha Katt, BA Caregiver Advisor at Heartland Human Services.

Caregiver Resource & Support Meetings

Effingham County & Surrounding Area

April 18
May 16
June 20

3:30 — 4:30 p.m.

Heartland Human Services
1200 N. 4th Street
Effingham, IL

Meets in Room 119

Marion County & Surrounding Area

April 19
May 17
June 21

4:00 — 5:00 p.m.

St. Thomas Episcopal Church
512 W. Main Street
Salem, IL

Meets in Basement
(Wheelchair Lift Available)

Clay County & Surrounding Area

April 26
May 24—Alzheimer’s Association
June 28

3:30 — 4:30 p.m.

Flora Public Library
216 N. Main Street
Flora, IL

Meets in Community Room

Coping With Hospital Stays



Hospital stays require extra planning if your loved one has dementia.

When dealing with Alzheimer's disease and related dementias, it is wise to accept the fact that a hospital stay is a "when" and not an "if" event. Due to the nature of the disease, it is very probable, that at some point, the person you are caring for will be hospitalized. Medical facilities are not typically well designed for those with dementia and advance planning and preparation can make all the difference.

Caregivers should ask if their loved one's procedure could be done as an outpatient visit. If this is not possible then caregivers should ask if there are any tests that can be done before going to the hospital. This will shorten the hospital stay.

Caregivers should also ask their doctor questions about the procedure itself and if catheters, IV's, and anesthesia will be used. Caregivers can ask if they will be allowed to be

in the recovery room after the procedure. Caregivers should insist that regular Alzheimer's medications be continued through-out the hospital stay unless contraindicated.

Here are some steps to take before going to the hospital with your loved one:

- If your insurance allows ask for a private room. It will be more quiet and calm. Caregivers can request a reclining chair or extra bed be provided.
- Shortly before going to the hospital decide the best way to tell your loved one that the two of you are going to spend a short time in the hospital.
- Involve your loved one in the planning process as much as possible.

- Plan ahead. Make a schedule with family and friends to take turns staying with your loved one during the hospital stay.
- Be sure to pack things to help your loved one feel safe and secure, such as favorite clothes, blankets, and photos.

A trip to the hospital with a person who has dementia or memory loss can be a stressful time, but planning ahead can help ease some of the stress. For more information about hospital stays when your loved one has dementia contact the Caregiver Advisor at 1.888.560.8805 ext. 1062.

Source:

National Institute on Aging

Gear & Gadgets

Precious Kitty and Puppy



These adorable, furry, kitties and puppies are happy to lie in your lap or, on a table or even in a corner and sleep. Not only are they precious and life-like, they actually "breathe"- their chest subtly and continuously goes up and down. These sweet animals provide the unconditional love of a real pet. They can be used as a means of calming, as a distraction or just as a good friend who needs to be held, petted, and brushed.

Please note: These pets have a breathing mechanism inside. They are not like a stuffed animal but have firm bodies. They are designed to sit on someone's lap and be petted.

- The Precious Kitty and Puppy is also good for pet-lovers who may be allergic to cats or dogs!
- The Precious Kitty and Puppy comes with: collar with pet tag, plush bed, brush, 1 'D' Alkaline Battery, adoption certificate, 'Did You Know' Card, and 100% synthetic fur.
- There are 7 choices ranging from Golden Retriever Puppy, Beagle Puppy, Black Lab Puppy, Yorkie Puppy, Portuguese Water Dog, Black and White Kitten, and Orange and White Tabby Kitten.



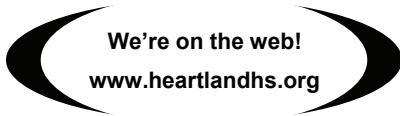
HEARTLAND
Human Services

1200 North Fourth Street
P.O. Box 1047
Effingham, IL 62401

Phone: 1.888.560.8805 x 1062

Fax: 217.342.6716

Email: tkatt@heartlandhs.org



Announcements

April 2nd Parkinson Disease Awareness 9 a.m.—Noon

Wedeborg Conference Center, Memorial Medical Center, 701 N. 1st St, Springfield IL. To register call 217.545.7181

April 6th Memory Loss vs. Normal Aging Audio Conference 12 p.m.—1 p.m.

To Register Call 309.662.8392 or visit www.alzheimers-illinois.org

April 12th 9th Annual Family Caregiver Symposium 4 p.m.—8 p.m.

Thelma Keller Convention Center, Effingham. To register call 1.888.560.8805 ext. 1062.

April 14th Memory Loss, Dementia and Alzheimer's Disease: The Basics 6 p.m.—8 p.m.

Flora Public Library, 216 N. Main St., Flora, IL To register call 314.801.0452

April 16th Memory Loss, Dementia and Alzheimer's Disease: The Basics 6 p.m.—7 p.m.

Elizabeth Titus Memorial Library, 2 W. Water St, Sullivan, IL To register call 309.662.8392

April 19th Thinking Ahead... Residential Care Options for Individuals with Memory Loss 6 p.m.—7 p.m.

Elizabeth Titus Memorial Library, 2 W. Water St. Sullivan To register call 309.662.8392

There is a \$10. Registration Fee for this Seminar

April 21st Train Your Brain Teleconference 6 p.m.—7:30 p.m. (Alzheimer's Association)

To Register call 1.800.272.3900 or visit www.alzstl.org

Heartland Human Services will be closed on Friday April 22nd in observance of Good Friday

