



JANUARY NEWSLETTER

VOLUME 1-ISSUE 4

Hello Everyone: Belated Happy New Year. I hope that it has started out well for you. It's hard to believe that it is 2016 and we are heading into our 4th month of meetings. I have indicated in this newsletter a few up and coming conferences that you may find of interest. I look forward to seeing you on Saturday, January 30th at 9:45 a.m.

Paddy

WHAT IS DEMENTIA

We often get confused when the word dementia is used. I think of it as this umbrella word that describes a number of symptoms related to cognitive decline. This could include memory loss, thinking and decision making, limitations and difficulties with social situations- that become serious enough to interfere with our daily activities. Examples of disorders linked to Dementia include Huntington's disease, traumatic brain injury, Parkinson's disease, brain tumors to name only four.

ALZHEIMER'S RESEARCH

Taken from the Alz.org/research centre-

“Currently, there are five FDA approved Alzheimer's drugs that treat the symptoms of Alzheimer's-helping memory and thinking problems in about half of the people who take them. But these medications do not treat the underlying causes of Alzheimer's.

In contrast, many of the new drugs in development aim to modify the disease process itself, by impacting one or more of the many wide-ranging brain changes that Alzheimer's causes. These changes offer potential “targets” for new drugs to stop or slow the progress of the disease. Many researchers believe successful

treatment will eventually involve a “cocktail” of medications aimed at several targets, similar to current state of the art treatments for many cancers and AIDS. “

RISK FACTORS FOR ALZHEIMER

Taken from the Alz.org/research centre-

“**AGE AND ALZHEIMER'S:** Although Alzheimer's is not a normal part of growing older, the greatest risk factor for the disease is increasing age. After age 65, the risk of Alzheimer's doubles every five years. After age 85, the risk reaches nearly 50 percent.

FAMILY HISTORY AND

ALZHEIMER'S: Another Alzheimer's risk factor is family history. Research has shown that those who have a parent, brother, sister or child with Alzheimer's are more likely to develop the disease. The risk increases if more than one family member has the illness. When diseases tend to run in families, either heredity (genetics) or environmental factors or both may play a role.

GENETICS AND ALZHEIMER'S: There are two categories of genes that influence whether a person develops a disease: (1) risk genes and (2) deterministic genes. Researchers have identified Alzheimer's genes in both categories.

Risk genes increase the likelihood of developing a disease but do not guarantee it will happen. ...”

Further details from the article may be found at: http://www.alz.org/research/science/alzheimers_disease_causes.asp



DO YOU HAVE A CRISIS PLAN IN PLACE?

Do you have some sort of back-up plan if you are unable to care for your loved one?

Although this may seem like just something else to worry about, there may come a time when either temporarily or permanently, you are unable to be the primary caregiver. It may be due to your becoming ill, there is some other emergency that needs your attention, you need a rest from your care giving obligations or you are experiencing difficulty managing needs or you may even be out of reach to your care receiver because you have had car trouble.

Thinking about these possibilities and then taking the time to write out a plan can help decrease your stress (and the care recipient's). It will also help you identify who can support you and how they can help. It is important from both the practical to the emotional point of view.

Source: <http://www.familycaregiversbc.ca/>

STROKE - SENSES AND PERCEPTIONS

A person's senses such as vision, hearing, taste, smell, and touch as well as how they perceive their environment can be affected after a stroke. A major consideration is that a stroke can affect how you process what your senses are telling you and this may mean the individuals may have problems understanding what is happening around them.

Overview of changes: After a stroke, the person may lose the ability to feel touch, pain or temperatures and/or you may feel abnormal

or unpleasant sensations such as burning, cutting or tingling. There may be over sensitivity to light touches which can be painful to your paralyzed or weakened limbs. These changes may make it difficult for the person to recognize objects being held or recognize when they are bumping into something.

Changes in Vision: The stroke survivor may lose vision in one or both eyes, have blurred vision, see double or have depth perception difficulties.

A RESOURCE

The Nidus Personal Planning Resource Centre is a non-profit organization which provides information to British Columbians about personal planning such as Representation Agreements and Powers of Attorney. You may visit their Website at: www.nidus.ca, email: info@nidus.ca. The founding groups include organizations such as the Alzheimer Society of BC, BC Association for Community Living, BC Coalition of People with Disabilities, Council of Senior Citizen's Organizations, Family Link, and Network of Burnaby Seniors.

Nidus serves the entire province of BC and is located in Vancouver. They provide:

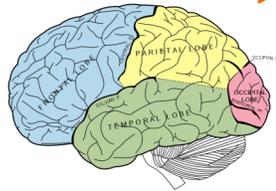
- public legal education on personal planning and related matters.
- training for volunteers and groups.
- problem solving and coaching in support of best practices for attorneys, representatives and monitors.
- policy consultation for third parties.

CONFERENCES OF INTEREST

BC Care Providers Association
conference on May 29-31, 2016 at
the Fairmont Chateau Whistler
Resort in Chateau Whistler Resort
in Whistler, B.C.



Brain Injury Canada will hold its Semi Annual Conference 2016 April 5/6 Victoria at the Coast Victoria Harbourside Hotel & Marina. Registration and full speaker list is available on website in January. Go to Website: www.braininjurycanada.ca



Conference on aging to bring together boomers, seniors, and caregivers

A two-day conference on aging, health, and wellness for seniors is coming to Abbotsford this February.

The Aging Together event, organized by [Abbotsford Community Services](http://AbbotsfordCommunityServices.com) on Feb. 12 and 13, will bring popular health radio hosts Drs. Dave Hepburn and Rob Sealey, B.C. seniors' advocate Isobel Mackenzie, and plenty of workshops on everything from road safety to intimacy for older adults.

The conference runs from about 8 a.m. to 3 p.m. on both days. Before Jan. 15, one-day tickets are \$25 and two-day tickets \$45. After Jan. 15, prices rise to \$30 and \$55.

The event is designed for seniors and baby boomers looking to take charge of their own

health, caregivers of seniors, and those who work in the senior care sector.

For more information, visit abbotsfordcommunityservices.com or call 604-859-7681.

February 13, 2016 12:30pm to 1:30pm
Seven Oaks Alliance Church, 2575 Gladwin Road, **Abbotsford**

This is part of the Aging Together Abbotsford 2016 Conference, for info call 604-308-2932

CONCERNS FROM A CARE RECIPIENT'S PERCEPTION

While a care giver may be experiencing strong emotions caring for a loved one - the care receiver may also be going through emotional stress. They may feel afraid, angry, ashamed, helpless, lonely or depressed about the changes they have experienced.

During their adjustment time, care receivers may:

- Experience a sense of losing control over their life and resist offers of care
- Worry or feel guilt about the burden their care puts on others
- Refuse to admit they need help or become very demanding
- Be fearful that old friends or relatives will distance themselves
- Be concerned about being isolated if they can no longer driver or get around like they used to and,
- Experience sadness because of a changing self-image

