



FRIENDS AND FAMILY MEMORY SUPPORT GROUP

Welcome,

Thank you, caregivers, family members, and friends for taking the time to be a part of our memory support group.

We understand that taking care of a loved one with cognitive impairment may be challenging. Therefore, this newsletter is focused on dementia, caregiving, and frustration.

Thank you to all who came out to our first in-person memory support group that was held at St. Anne's Retirement Community this past October. We have great upcoming topics that were requested at this group and looking forward to our next in-person memory support group (date to be determined).

If you have any questions, please reach out to Heather Hoyt or Jennifer Leonard by email or telephone.

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We look forward to hearing from you!

Heather Hoyt

VP Of Community Services

Jennifer Leonard

Memory Support Activity Coordinator



5 Things Never to say to a person with Dementia.

- *Don't tell them they are wrong about something.*
- *Don't argue with them.*
- *Don't ask if they remember something.*
- *Don't remind them that their spouse, parent or other loved one is deceased.*
- *Don't bring up topics that may upset them.*

The Stress of Caregiving

- *Caring for an individual with Alzheimer's disease or a related dementia can be challenging and, at times, overwhelming. Frustration is a normal and valid emotional response to many of the difficulties of being a caregiver. While some irritation may be part of everyday life as a caregiver, feeling extreme frustration can have serious consequences for you or the person you care for. Frustration and stress may negatively impact your physical health or cause you to be physically or verbally aggressive towards your loved one. If your caregiving situation is causing you extreme frustration or anger, you may want to explore some new techniques for coping.*



- *When you are frustrated, it is important to distinguish between what is and what is not within your power to change. Frustration often arises out of trying to change an uncontrollable circumstance. As a caregiver of someone with dementia, you face many uncontrollable situations. Normal daily activities—dressing, bathing, and eating—may become sources of deep frustration for you. Behaviors often associated with dementia, like wandering or asking questions repeatedly, can be frustrating for caregivers but are uncontrollable behaviors for people with dementia. Unfortunately, you cannot simply change the behavior of a person suffering from dementia.*



Tips on how to respond to a frustrating circumstance:

- ✓ Learn to recognize the warning signs of frustration.
- ✓ Intervene to calm yourself down quickly.
- ✓ Modify your thoughts in a way that reduces stress.
- ✓ Learn to communicate assertively.
- ✓ Learn to ask for help.

Warning Signs of Frustration:

- ✓ Shortness of breath
- ✓ Knot in the throat
- ✓ Stomach cramps
- ✓ Chest pain
- ✓ Headache
- ✓ Compulsive eating
- ✓ Lack of patience
- ✓ Desire to strike out



If you can recognize the warning signs of frustration, you can intervene and adjust your mood before you lose control.

Self-Care to Prevent Frustration

Caregiving can be tiring and stressful. When you're caring for others, it's easy to forget to care for yourself. While it may be difficult to find time to focus on yourself and your needs, it is very important that you do so to prevent frustration and burnout.

1. Make time for yourself

You may feel guilty about needing or wanting time out for rest, socialization, and fun. However, everyone deserves regular and ongoing breaks from work, including caregivers.

2. Take care of yourself

Although caregiving may make it difficult to find time for yourself, it is important to eat well, exercise, get a good night sleep, and attend to your own medical needs.



3. Seek outside support

Sharing your feelings with a counselor, pastor, a support group, or with another caregiver in a similar situation can be a great way to release stress and get helpful advice.

