

CAREGIVER NEWSLETTER

OCTOBER 2018

HALLOWEEN TIPS FOR CAREGIVERS



If you care for someone with dementia such as Alzheimer's, holidays like Halloween can sometimes be overwhelming for both you and your loved one. Here are some tips to help you prepare:

- *Inform them about Halloween and prepare them for what happens.* Let them know individual and groups of children will be knocking at the door, ringing the doorbell, and saying [or yelling!] "trick or treat."
- *When decorating your home, keep it at a minimum.* Too many decorations can be overstimulating and confusing. In addition, some can be quite scary, so choose carefully. If you are not sure, stick to kid friendly ones.
- *If you like to make your own decorations, see if they can help assist you.* Crafts are good because they assist with exercising the hands, hand/eye coordination, and self expression through creativity.
- *Avoid loud noises as much as possible.* Some houses have haunting noises such as door creaking, wind blowing, witches cackling, or ghostly moans and 'boooos.' These noises can be very frightening to a disoriented person. They can easily forget the context.
- *You can have them put the candy in the bowl and help to give it out, if they are able.* Make sure to watch their candy consumption, especially if they have to watch their sugar! If they become irritable or agitated because of all the excitement, let them take a rest.
- *Halloween is a great time for reminiscing.* If you have pictures from past Halloweens, you could show them to see if they remember. If you are caring for a parent, show pictures of your childhood at Halloween. If you are caring for a spouse, show them pictures of your Halloweens together, or if you have children, show pictures of when they were young and dressed up in costumes.

[Source: The Alzheimer's Association Support Group Newsletter October 1, 2003; Excerpt from "Halloween and Your Loved One" by Marci Stocks]

*"When witches go riding
and black cats are seen,
The moon laughs and
whispers, tis near
Halloween."*
Unknown Author



In This Issue

- Halloween tips for caregivers
- Reminiscing ideas
- Important Dates
- Upcoming Events



(continued on back)



More reminiscing ideas:

- Talk to them about how they celebrated Halloween when they were young and did they do any “tricks” or just get treats.
- Do they remember their biggest candy haul?
- What were their favorite treats and candies?
- Did they ever eat or make candy/caramel apples? Bob for apples? Go to Halloween parties?
- Did they carve pumpkins? Did they go to a pumpkin patch?
- Did anyone make costumes for them or for you?
- “Dad, do you remember when you made that robot costume for me out of the boxes?”
- “Mom, do you remember roasting the pumpkin seeds after carving the jack-o-lanterns?”
- “Honey, do you remember how cute our daughter was in that princess costume she won in the parade?”
- If they don’t remember these things, remind them by telling them a story about your favorite costumes or fun times you had like the time you nearly filled your pillow case with trick or treat goodies.

Upcoming Events:

Sunday October 14th Don't miss our **FALL BOUTIQUE** at the **Encino Farmer's Market** held at our JOY Center 17400 Victory Blvd, Van Nuys 91406 8am to 1pm. Shop for holiday gifts, jewelry, candles, artisan crafts, and fresh produce.

ONEgeneration Caregiver Support Group 3-4:30 PM Tuesday Oct 16th and Tuesday November 6th Call Denise at 818.708.6376 or email dkeewhite@onegeneration.org for more information. Groups are held at the ONEgeneration JOY Center.

Friday, October 26th, Adult Daycare will be hosting a research study by UCLA researchers on the correlation between periodontal disease related bacteria and the progression of Alzheimer's Disease. As part of this study, they are taking saliva & bacterial plaque samples from individuals diagnosed with Alzheimer's Disease or another form of Dementia enrolled in our Adult Daycare Program. Special consent is required from families for their loved one to participate. Please contact Anna Swift at aswift@onegeneration.org or call 818.708.6635 for more information and consent forms.

ONEgeneration Adult Daycare presents CAREGIVER EDUCATION AND SUPPORT DAY

Please join us for speakers and activities focused on supporting you in providing care.

November 3, 2018
17400 Victory Blvd.,
Van Nuys 91406
10:00am – 3:00pm

Lunch will be provided.

Please RSVP to (818) 708-6625 or to adultdaycare@onegeneration.org. There is no cost to attend.

This program will be held in conjunction with ONEgeneration's Saturday Adult Daycare Program. If your loved one is **already** enrolled in our weekday Adult Daycare, they must meet enrollment requirements if you would like for them to attend the center on that day while you are here for the event. Please call (818) 708-6625 or email adultdaycare@onegeneration.org for more information.

The fee for the Saturday Adult Daycare is \$70.

We will raffle off gift cards and prizes!

