

In this issue of our newsletter, we will introduce (or reconnect) you to some techniques to help reduce at-home stress. You'll find these stories below:

- [Leaping over the hurdles of home care](#)
- [It's OK to admit your plate is full](#)
- [Laugh a little](#)



Read on ...

## Overcome Home Care Hurdles

### Bathing/Personal Care

Do you have a loved one with Alzheimer's who refuses to bathe? The daily struggle with personal hygiene may be so great that the act is deferred, and deferred, and deferred.

Understanding why someone with dementia may be reluctant to bathe is important. The resistance can be due to fear and discomfort; modesty; loss of control; or even depression. With cognitive impairment, the bathroom can be a scary place. For example, not understanding where the water from a shower head is coming from is common and can be disconcerting when one feels vulnerable.

Initiating the shower can be the most challenging step. Each person is different and responds to different techniques. Incorporating devices such as hand-held shower heads, shower chairs and grab bars can add comfort, assuage fear, and reduce the risk of falling. There are many tips to assist a caregiver with getting your loved one to bathe. The Alzheimer's Association has an entire page devoted to [tips for bathing those with Alzheimer's](#).

### Wears the Same Outfit Day After Day

We all have a favorite piece in our wardrobe, but even the greatest apparel needs to be laundered occasionally. When a loved one with Alzheimer's picks up the same outfit each day, it may be challenging to take it out of the rotation for regular cleaning.

Here are a few ideas:

- After they retire for the evening, grab the garment, and get to the washer. If you are not able to launder the apparel overnight, be sure the outfit is out of sight. Pre-select two outfits and offer your loved one a choice for dressing while you "look" for the favored piece.
- Another suggestion is to buy two of the favorite item and keep them in rotation.

Alzlive.com has some [Tips for Helping a Person with Dementia Dress](#)

### Not Eating

Another cause for concern may come from a loss of appetite, weight loss or dehydration. A few factors may be contributing to the poor appetite:

- Not recognizing food.
- Poor fitting dentures.
- Medication side effects.
- Lack of exercise.
- Decreased sense of smell and taste.

To help your loved one replenish and stay hydrated, we've put together some [tips and great recipes](#) you can try at home.

### Stop Adding to Your Plate

We've all seen the "To Do" lists: Do these 5 things...7 ways to...Top 3 reasons to...

We saw this essential list for caregivers online and wanted to share with you: 10 Things to Stop Doing. The idea is not to add more to your day, but to help relieve the stress as a caregiver. Trying to do it all, by yourself, can impact your health (and your sanity).



Take heed of this advice and find the support that you need and deserve. If we can help, give us a call. Tips for effective communication, activity ideas, and redirection techniques are available at any ActivCare. Here is some advice to get you started:

- STOP setting unrealistic expectations.
- STOP being held hostage by guilt.
- STOP neglecting your needs.
- STOP believing your loved one is choosing how they behave, what they forget or that they cannot participate in making decisions.

You are stronger than you think, you're not alone, and you are allowed to take time for yourself. To learn more about the things you can stop doing in order to take better care of yourself and your loved one, click here: [10 Things to Stop Doing if You're an Alzheimer's Caregiver](#)

### Laughter is Great Medicine

Neighbor, "I just bought a new hearing aid. It cost me four thousand dollars, but it's state of the art. It's perfect."

"Really," answered the neighbor. "What kind is it?"

"Twelve thirty."

Why is the letter 'B' very cold?

Because its between AC.

Why are ghosts bad at lying?

Because you can see right through them.

My wife asked if she could have a little peace and quiet while she cooked dinner. So I took the battery out of the smoke detector.

The child comes home from his first day at school.

His Mother asks, "Well, what did you learn today?"

The kid replies, "Not enough. They want me to come back tomorrow."

