Memory Disorder Clinic Update

It has been a few months since the Memory Disorder Clinic has published a newsletter. The June issue is our new updated version. We are resuming sending the newsletter out on a monthly basis.

In addition to our newsletter changes we have also welcomed Sue Cosker to our team. We are very fortunate to have Sue, who brings experience in both her formal education and as a caregiver, as a new associate. Sue has a Bachelor of Science in Gerontology and Aging Services and Bachelor of Science in Healthcare Management. In addition, she was a volunteer at the Health First Center for Family Caregivers, a service of Health First Aging Services.

Some of you have met Sue, who has assumed responsibility for facilitating the Stress Buster Alumni group. If you have not attended an alumni group gathering in a while, it is a great time to join back in. Our next meeting is from 10 to 11 a.m. Friday, July 7, in the second-floor conference room of our clinic's Aging Services building, 3661 Babcock St. Melbourne.

We look forward to seeing you.
Memory Clinic

Free Educational Classes

Stress Busting Alumni Group
If you attended our Stress Busting for Family Caregivers series class, please join us for our monthly group. Class is from 10 to 11:30 a.m. the first Friday of each month in the conference room of the Memory Clinic. It is facilitated by Sue Cosker of the Memory Disorder Clinic.

Caregiving Essentials, Part Three
Beginning on Friday, August 4, the third in our series of Caregiving Essentials begins and will be held every Friday through September 8. Pat DeAngelis, RN, BS, LCN, facilitates this class, with topics geared to benefit people through the their caregiving journey they.

The third class in this series covers topics such as:
- Enhancing your ability to observe, report, and manage health emergencies
- Becoming aware of fall risks and prevention measure
- Nearing the end of a long goodbye.
- Making the difficult decision for end of life care
- Hosting a panel of experts on end-of-life services
- Music stimulation in patients with Alzheimer’s disease

Virtual Dementia Tour
The Memory Disorder Clinic has teamed up with community partners, including the Brevard Alzheimer’s Foundation, Hibiscus Court, Autumn House, Visiting Angels and Hospice of St. Francis, to offer a virtual dementia tour. This is a simulated experience created for individuals seeking to better understand the physical and mental challenges of those with dementia. Experiencing this sensory training allows people to have a greater understanding of what the realities of living with dementia are like. The next tour is being held Wednesday, July 12, at the Brevard Alzheimer’s Foundation on Wickham Road; appointments are available between 3 to 4:30 p.m. To schedule one call: 321.253.4430.

10 Tips for Communicating with Dementia and Alzheimer’s Patients
1. Make Eye Contact. Always approach the patient face to face and make eye contact. Use their name if you need to. It is vital that they actually see you and that their attention is focused on you.
2. Be at Their Level. Move your head to be at the same level as their head. Bend your knees or sit down to reach their level. Do not stand or hover over them. It is intimidating and scary.
3. Tell them what you are going to do before you do it. This is particularly important if you are going to touch them. They need to know what is coming first, so that they don’t think you are grabbing them.
4. Speak Calmly. Speak in a calm manner with an upbeat tone of voice, even if you do not feel that way. If you sound angry or agitated they will often mirror that feeling back to you.
5. Speak Slowly. Speak at only half of your normal rate of speed when talking to them. Take a breath between each sentence. They cannot process words as quickly. Give them a chance to catch up.
6. Speak in Short Sentences. Speak in brief sentences that emphasize only one idea each. Usually, the patient can only focus on one topic at a time.
7. Only ask One Question at a Time. Let them answer it before you ask another question. You can ask who, what, where and when, but not why. Why is too complicated. They will try to answer and might become frustrated.
8. Don’t Say “Remember.” Many times they will not be able to do so. It is frustrating and can cause them to become embarrassed.
9. Turn Negatives into Positives. For example, say, “Let’s go here,” instead of, “Don’t go there.”
10. Do Not Argue with Them. It gets you nowhere. Instead, validate their feelings by saying “I see that you are (angry, sad, upset etc.).” It lets them know that they are not alone, and then redirects them into another thought.
Free Memory Screens

The East Central Florida Memory Disorder Clinic offers memory screens at no charge. This memory screen does not provide a diagnosis, but it is a good first step for a baseline or to see if there are memory concerns. Please call to set up an appointment. Remember to arrive five minutes early, and bring your eye glasses or hearing aids, if you use them. Allow 30 minutes for the screening. We now accept appointments in two locations, so please specify your choice:

East Central Florida Memory Disorder Clinic
Aging Services, 2nd Floor
3661 Babcock St.
Melbourne, FL 32901

Dr. Adamson’s Office
699 W. Cocoa Beach Causeway, Suite 506,
Cocoa Beach, FL 32931

To schedule an appointment
call 321.434.7612, and press “1”