

Despite their best-laid plans, despite their firm resolve, most caregivers will ultimately have to face the difficult decision of moving their loved one to a LTC facility. Knowing the basics of long-term care, what to expect, and what questions to ask, can make the process a little less daunting.

There are two different levels of long-term care in North Carolina:

Assisted Living (also called Adult Care Homes),
and
Nursing Homes (also called Skilled Care or
Skilled Nursing)



These are more fully described by Julia Gibson, Regional Long-Term Care Ombudsman at the Area Agency on Aging at Land of Sky Regional Council in Asheville, as follows:

"Adult Care Homes provide assistance with activities of daily living only. The staff is not necessarily licensed, and the facility may not have nurses on staff. They can help with needs such as bathing, eating, dressing, showering, medications.

"A Nursing Home is the highest level of care you can get outside the hospital setting. They can meet complex medical needs such as tube feedings and IV fluids and can provide for those who need total care such as a mechanical lift to go from bed to chair. They can also offer inpatient therapy [rehab]. Nursing Homes have licensed personnel in the building around the clock."

An important distinction between the two concerns regulations. Skilled Care homes have fairly rigid requirements as to what they must provide; Assisted Living (AL) care has a much greater latitude as to what they will and will not provide, and services can vary widely among individual facilities. This becomes especially significant as the resident's dementia progresses - the level of care they needed when they moved to the facility may have increased a year later beyond the point that the facility is no longer able to meet their care needs.

To be frank, most families can accept the idea of Assisted Living much easier than they can Skilled Care. After all, most AL facilities are designed to look attractive and contain homey touches like fireplaces and dining rooms and coffee tables. Skilled Care homes, on the other hand, tend to look much more institutional, with a nurse's station and med cart and tile floors. Most families would choose the former over the latter. The problem, however, is that most families underestimate the level of care their loved one not only requires, but is already receiving.

Consider this common scenario: a wife has been caring for her husband at home for about six years. During the last three years, his dementia progressed to the point where he could not be left alone, so she had to utilize other resources by either taking him to an adult day program, or hiring home caregivers, or both. This means that someone is with him 24/7, that someone is focused on his needs throughout the day and night, and that he is the only person in the house who is receiving such care. Now she is looking at LTC options because caring for him has become too difficult for her to manage.



**Which would you choose, Assisted Living or Skilled Care?
What about designated dementia facilities?
What questions should you ask when looking at a facility?
When can a facility insist that your relative be transferred out?**

[CLICK HERE to read more](#)

DEMENTIA

(IT'S MORE THAN JUST MEMORY LOSS)

a new CNN series

In this series, Caregiver Network News (CNN) will address a myriad of common symptoms of dementia, maybe even some that you hadn't been aware of, and will take a deeper look at what is happening and how you can respond.

Our focus for 2018 will be on what are commonly referred to as Executive Function skills, which include judgment, decision-making, insight, logic and reason, sequencing, safety awareness, social filters, and self-awareness. These are our higher thought processes, and are located in the prefrontal cortex of the brain. Nearly all forms of dementia target this area early in the disease - but often the changes are not obvious or even very noticeable to the casual observer.

Part 1 - Initiative

Initiative is responsible for getting us started on a task. Even though a person with dementia may still be able to do familiar things - writing Christmas cards, for instance, or getting ready for bed - his loss of **Initiative** may make it difficult for him to begin. His engine still works, but his starter is broken.



Many caregivers, not realizing that their relative with dementia has lost this skill, are puzzled by what appears to be the person's refusal or reluctance to engage in something they normally would do, even something they've always enjoyed - like the artist who kept telling her family she wanted to paint again. Despite encouragement from everyone around her, several weeks went by and she had not begun. She was delighted when her family surprised her with a new box of painting supplies, but still she did nothing. It wasn't until they set up the easel and canvas, set out the paints, put an apron on her and set her on a stool with the brush in her hand, that she finally began.

What can you do? Try "priming the pump." Your husband can still participate in many activities if you can just help him get started. If he always emptied the trash each week and still indicates a willingness to do it, you might help him find the trash bags, show him where the garbage cans are in each room, and then walk with him to put the bag out in the bin. Yes, it takes just as long as if you had done it yourself, but it may help him feel normal again, if only for a few moments. Or maybe you've given your mother a box of old photos but she doesn't seem interested in going through them. Try getting the box yourself, taking out one photo at a time to show her, and see if she doesn't seem a little more engaged.

Without initiative, we can't get going. So the next time you assume that your loved one isn't interested in something, remember that loss of initiative might be the problem.

CAREGIVER TIP of the MONTH

"My husband gets upset because he doesn't remember what's happening when. He asks "What are we doing today?" over and over, but of course he can't remember what I tell him - and answering his questions over and over is driving me crazy! We tried writing the information down on a dry-erase board in the office but he doesn't remember to go look at it.

So I bought him a big clipboard and wrote HARRY on it in big black letters. Every morning I put a new sheet of paper on it listing all the things he's doing that day: 9:00 breakfast, 11:00 go for a walk, 12:30 lunch, 2:00 run errands with Martha, 5:00 watch Andy Griffith Show. I use bright green paper and write with a black Sharpie so it's easy to see. The first couple of days, whenever he would ask a question about the day, I would hand him the clipboard and say, "Here is your schedule for the day." Now he gets his "Green Sheet" first thing in the morning and carries it around with him all day. He even adds some things to it sometimes. It's made our lives much easier!"



Notable Quotable

"In the midst of winter I found there was within me
an invincible summer."

-Albert Camus





ONGOING PROGRAMS

Open to the Public

MEMORYCAREGIVERS NETWORK PEER SUPPORT & EDUCATION GROUPS

FLETCHER GROUP

First Tuesdays, 1:00-3:00 p.m.

Fletcher 7th Day Adventist Church

Howard Gap Road and Naples Road, Fletcher, N.C.

(just past Park Ridge Hospital)

NEW HOPE GROUP

Third Tuesdays, 1:00-3:00 p.m.

New Hope Presbyterian Church

3070 Sweeten Creek Road, Asheville, N.C. 28803

(across from Givens Estates)

NORTH ASHEVILLE GROUP (formerly the Weaverville Group)

Fourth Tuesdays, 1:00-3:00 p.m.

Woodfin YMCA at Reynolds Mountain

40 N. Merrimon Ave (exit 23 off I-26 West)

Network meetings are open to the public.

The Network relies on charitable support to keep its program going.

To make a donation, [CLICK HERE](#).

For more information about the MemoryCaregivers Network, contact:

Mary Donnelly

828.230.4143

network@memorycare.org

Pat Hilgendorf

828.301.0740

patricia.hilgendorf@gmail.com

"CAREGIVER COLLEGE"

MemoryCare's ongoing educational series for caregivers

A series of six lectures will be provided for anyone caring for a person with a memory disorder. The program is taught by one of the MemoryCare physicians, and is designed to improve caregiver understanding of different aspects of dementia care. Related presentation materials will be provided.

There is no cost for families who are enrolled in MemoryCare. For those not enrolled, the cost is \$85 for the 6-part series.

Course Content:

What Is Dementia?

Transitioning from Independence to Interdependence

Functional and Behavioral Changes of Dementia

Dementia Treatment Options & Risk Reduction

**The next ASHEVILLE session of Caregiver College
will begin on Thursday, July 19
and continue on consecutive Thursdays through August 23
2:00 - 5:00pm
at the new SECU Center for MemoryCare
100 Far Horizons Lane (Givens Estates)**

**The next WAYNESVILLE session of Caregiver College
will begin on Tuesday, May 1
and continue on consecutive Tuesdays through June 5
3:00 - 5:00pm
at Maple Leaf Adult Day Center
64 Elmwood Way (next to Senior Resource Center), Waynesville**

SPACE IS LIMITED, so please sign up in advance by contacting MemoryCare:
828.771.2219 or office@memorycare.org



Do you need a program for a group event?

The MemoryCaregivers Network staff presents on a variety of subjects, including Recognizing Early Warning Signs of Memory Loss, Facts and Fiction about Dementia, Better Communication Techniques, and more.

We are happy to speak at your event to raise awareness and knowledge about Dementia.

Contact Mary Donnelly at network@memorycare.org

Caregiver Network News and The MemoryCaregivers Network are auxiliary programs of



We rely on charitable donations to continue these programs!

***Please consider donating...
perhaps in honor of a loved one's birthday...
or a memorial...
or a sustaining gift to support families like yours
who depend on the services that MemoryCare provides!***

Make a difference. Make a donation.

[CLICK HERE](#) to donate.

For more information about MemoryCare, click this link to visit our website:

www.MemoryCare.org

Thank you for your interest and support!

OTHER COMMUNITY PROGRAMS & EVENTS

(The following programs are not part of MemoryCare but help our community by serving those impacted by memory impairment.)

COMMUNITIES

People living with dementia can continue to be active in their chosen pursuits for years following their diagnosis. The entire community benefits when all members are allowed to contribute.

We provide interactive community education programs to raise awareness and dispel myths about dementia. Contact us to schedule a 60 – 90 minute training session.

THE MANY FACES OF DEMENTIA

"As a caregiver, I have a much deeper appreciation for the time we have together as a family and I have learned to focus on all that we can do together. It just takes a lot more planning and patience."
Michelle Goyeau



JOIN US AS WE CREATE A SUPPORTIVE COMMUNITY

www.LandofSky.org/DementiaFriendly

Cathy Hebert:
828-712-4811
cathyhebert87@gmail.com

Nancy Smith Hunnicutt:
828-778-0063
nva8@aol.com

WNC Dementia Friendly Communities@gmail.com



Committed to the well-being of people living with dementia and their families through a welcoming and knowledgeable community



A Member of the Dementia Friendly America Network

Supported by the Area Agency on Aging at

Meetings are open to family members, professionals, or anyone interested in making WNC more Dementia Friendly!

For more information, contact cathyhebert87@gmail.com

or call Land of Sky at 828.251.6622

Side by Side Singing



*2-3pm on Thursday, February 8
Hendersonville Public Library, Kaplan Auditorium*

*"You have no idea what this has meant to my husband and me.
We look forward to this all week."*

*"My husband has not spoken much lately. Today he sang every word in every
song.
This is wonderful!"*

***Come Sing With Us!
No Experience Necessary!
No Charge!***

***For more information, visit
www.SideBySideSinging.wordpress.com***

West Buncombe Caregivers

An education & support group for caregivers
sponsored by Pisgah Valley Retirement Community

**Meets every second THURSDAY
1:00 - 3:00p.m.**

Pisgah Valley's Community Center
6 Rhododendron Way, Candler NC

Free and Open to the Public

**Mary Donnelly
828.230.4143**

marydd60@charter.net

**Pat Hilgendorf
828.301.0740**

patricia.hilgendorf@gmail.com

Memory Loss Caregivers of East Buncombe

An education & support group for caregivers
sponsored by the Highland Farms Residents' Corporation

**Meets every second Tuesday
9:30-11:30 a.m.**

Lounge Room 3 (lower level),
J-K entrance of Brookside Building
Highland Farms Retirement Community, Black Mountain, NC

Free and Open to the Public

For more information, contact:

**Mary Donnelly
828.230.4143**

marydd60@charter.net

**Pat Hilgendorf
828.301.0740**

patricia.hilgendorf@gmail.com

Henderson County Caregiver Support Group

**Meets every third Tuesday, 1:30 - 3:30
First United Methodist Church**

204 6th Ave W, Hendersonville, NC 28739

For more information, contact Lisa Kauffman at 828.696.9799

Haywood County Caregiver Support Group

First United Methodist Church of Waynesville

4:30 on the fourth Tuesday of each month

For more information, contact 828.926.0018

Mitchell County Caregiver Support Group

"Care & Share"

First Friday of each month, 1:00-3:00 p.m.

Hospice & Palliative Care of The Blue Ridge

36 Hospital Dr., Spruce Pine

For more information, contact Jane Ouzts at jnutouzts@yahoo.com

Support Groups for Persons Living With Memory Loss

Initial screening required for all early-stage groups.

Memory Loss Navigators (The New Hope Group)

1:00-2:30 p.m. on the third Tuesday of each month

(meets concurrently with the Memory Caregivers Network New Hope Group above)

Contact Mel Kelley, 828.301.0529, avant_garden@msn.com

Memory Loss Navigators (The Biltmore Group)

1:00-2:30 p.m. on the second Thursday of each month

Biltmore Methodist Church

376 Hendersonville Road Asheville, 28803 (Exit 50 off I-40)

Contact Mel Kelley, 828.301.0529, avant_garden@msn.com

Memory Loss Navigators (The Highland Farms Group)

9:30-11:00 a.m. on the second AND fourth Tuesdays of each month

(2nd Tuesday group meets concurrently with the Memory Loss Caregivers of East Buncombe above)

Contact Mel Kelley, 828.301.0529, avant_garden@msn.com

The Hendersonville Group

1:30-3:30 on the second and fourth Tuesdays of each month

Mud Creek Baptist Church, 403 Rutledge Rd., Hendersonville

Contact Patty Williams at 828.692.1262 or patty@mudcreekchurch.org

Support Groups at the Creek

Two separate groups for those in early stages of dementia and their significant others

Every Thursday afternoon from 1:30-3:30pm

Mud Creek Baptist Church, 403 Rutledge Rd., Hendersonville

REGISTRATION REQUIRED

Contact Patty at AlzMaze@gmail.com

THE MEMORY LANE CAFE

Reminisce & Visit.....Socialize & Laugh.....Relax & Enjoy!

2nd Monday of each month

1:00 - 3:00 pm

Mud Creek Baptist Church

403 Rutledge Drive, Hendersonville NC

No registration necessary, but those with a diagnosis must be accompanied by a caregiver unless they drive themselves to the Memory Lane Cafe.

For more information, contact Patty at 828.692.1262 or alzmaze@gmail.com

MemoryCare is a charitable non-profit organization whose mission is three-fold:
To provide specialized medical care to older adults with cognitive impairment;
to support caregivers with education, counseling, and improved access to services; and to provide community
education.

Caregiver Network News is written and edited by Mary Donnelly.
Contact network@memorycare.org for more information.

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