

Institute for Disability Studies

ShareCare Notes

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Tips for Caregivers and Upcoming Events

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1. Art Classes for Persons with Dementia

Most of us have heard of art therapy, but did you know a class called "Memories in the Making" for persons with Alzheimers and other dementias is

springing up around the country? Apparently water color painting has been a successful tool for improving the quality of life for individuals with these challenges. "This is still a hope," said Bruce L. Miller, a professor of neurology and director of the Memory and Aging Center at the University of California at San Francisco. "There haven't been really any formal studies that show whether any cognitive therapies like the arts slow the progression [of Alzheimer's disease], though I think there's a lot of hope."

To read articles about Memories in the Making, see <http://www.sfgate.com/cgi-bin/article.cgi?f=/c/a/2006/07/02/LVGQTJLB1S1.DTL>

<http://www.washingtonpost.com/wp-dyn/content/article/2006/08/03/AR2006080301168.html>

2. Commercial Offers

It seems our name is getting around, so it is logical that businesses have offered free services to introduce themselves to you. We most certainly do not endorse anything, but there are a few that you may like to know. For example, if anyone is planning on signing up for LifeLine we have some free sign up coupons that will save you about \$80. Also, Care Connection offers a weekly free question and answer call-in program for caregivers of persons with Alzheimer's and related conditions. There is no obligation, but this is essentially a way to introduce their private consulting services, so be advised. If you would like more information on how to call in or hear a sample session, just email us.

3. Tips for Caregivers

Tip: Allow the person to finish what they're doing. If, as a caregiver, you are running late, the tendency is to hurry your loved one, too. However, this rushed atmosphere is very difficult for care recipients, especially those who suffer from memory loss or brain impairment. Though you may try to sound calm and encouraging, it's easy for loved ones to pick up our "anxious vibes." So, even if running late, allow some time to finish the current activity before moving onto the next. For example, "Mom, after you finish that last bite of cereal, we're going to get you dressed and ready to see your friends." This tip is excerpted from

http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=344

The ShareCare website has many other resources and tips for caregivers.

Please visit our site at

<http://www.usm.edu/sharecare/resources.html#CaregiverResources>

4. Photography Contest Portraying Life with Alzheimer's Disease

The Alzheimer's Disease International (ADI) is holding a photography contest for both amateur and professional photographers to take photographs portraying the everyday life of a person with Alzheimer's disease. The deadline for submission is September 1, 2006. There will be two winning photographs that will go on display at the ADI International Conference in Berlin in October 2006. There will also be photographs selected to go into a 2007 calendar.

For the full story visit: whatdigitalcamera.com

5. Upcoming Events

On August 10, 2006, Forrest General Hospital's caregiver support group will meet at 6 p.m. in the Elm Room.

On August 17, 2006, ShareCare Bank will have its monthly potluck dinner at 6.p.m. The potluck will be at Westminster Presbyterian Church. The theme for the potluck is Salad Extravaganza! Bring a salad to share and a friend.

ShareCare Bank is a project of the Institute for Disability Studies at The University of Southern Mississippi funded by the Mississippi Council on Developmental Disabilities