

UK Elder Care

IN THE KNOW

E-Newsletter
August 2009



A MESSAGE FROM THE COORDINATOR

Over the summer, many of you have made trips to visit family. I know some of you have called Elder Care for guidance when you noticed changes with a parent or loved one. There are several things to look for when visiting a parent, especially if you are a long-distance caregiver, that will help you determine if you should be concerned. In the Caregiver Survival Guide section of this newsletter is a checklist of things to look for when visiting. Of course this is not an all inclusive list, you may have other concerns. Maybe you are relocating a parent to Kentucky, or helping a parent downsize to a retirement community. Elder Care is here to help you by answering questions and helping you find appropriate services that will save you time, energy, and money. Call anytime for support and information.

The Elder Care offices have officially moved to Seaton Center, Room 155 (Formerly Health Literacy Room). Please call 323-4600 for a phone consultation or to schedule an appointment.



NEWS HIGHLIGHTS

Genworth Financial Reveals Best Places In America For Long Term Care

Genworth Financial recently released its 2009 Cost of Care Survey. Since 2004, Genworth has conducted this benchmark Cost of Care Survey, the most comprehensive survey of its kind. This year, Genworth analyzed data from more than 14,000 nursing homes, assisted living facilities, and home health and adult day health care providers to give Americans a better understanding of the cost of care across the country and in their local communities.

For more information click on the following web link for an interactive map to view data on the cost for long-term care in the U.S. :

http://www.pascenter.org/news/news_home.php?id=195

Source: July 2009 Center for PAS Bulletin

Unprecedented Global Aging Examined in New Census Bureau Report Commissioned by the National Institute on Aging

The average age of the world's population is increasing at an unprecedented rate. The number of people worldwide age 65 and older is estimated at 506 million as of midyear 2008; by 2040, that number will hit 1.3 billion. Thus, in just over 30 years, the proportion of older people will double from 7 percent to 14 percent of the total world population, according to a new report, "An Aging World: 2008."

The report examines the demographic and socioeconomic trends accompanying this phenomenon. It was commissioned by the National Institute on Aging (NIA), part of the National Institutes of Health, and produced by the U.S. Census Bureau. It was released today by the Census Bureau.

Highlights of the report include:

- While developed nations have relatively high proportions of people aged 65 and older, the most rapid increases in the older population are in the developing world. The current rate of growth of the older population in developing countries is more than double that in developed countries, and is also double that of the total world population.
- As of 2008, 62 percent (313 million) of the world's people aged 65 and older lived in developing countries. By 2040, today's developing countries are likely to be home to more than 1 billion people aged 65 and over, 76 percent of the projected world total.
- The oldest old, people aged 80 and older, are the fastest growing portion of the total population in many countries. Globally, the oldest old population is projected to increase 233 percent between 2008 and 2040, compared with 160 percent for the population aged 65 and over and 33 percent for the total population of all ages.
- The 65-and-older population in China and India alone numbered 166 million in 2008, nearly one-third of the world's total. Issues related to population aging in the world's two most populous nations will be accentuated in the coming decades as the absolute number climbs to 551 million in 2040 (329 million in China and 222 million in India).
- Childlessness among European and U.S. women aged 65 in 2005 ranged from less than 8 percent in the Czech Republic to 15 percent in Austria and Italy. Twenty percent of women aged 40–44 in the United States in 2006 had no biologic children. These data raise questions about the provision of care when this cohort reaches advanced ages.
- Older people provide support to as well as receive support from their children. In countries with well-established pension and social security programs, many older adults provide shelter and financial assistance to their adult children and grandchildren. Older people in developing countries, although less likely to provide financial help to children, make substantial contributions to family well-being through such activities as household maintenance and grandchild care.

"An Aging World: 2008" is available at www.census.gov/prod/2009pubs/p95-09-1.pdf.

Source: <http://www.nih.gov/news/health/jul2009/nia-20.htm>

The Affect of Dietary Factors on Dementia

Experts estimate that over 24 million people worldwide suffer from dementia, and many of these people live in low- and middle-income countries. Recently, there has been growing interest in whether dietary factors, particularly oily fish and meat, might influence the onset and/or severity of dementia. Oily fish are rich in omega-3 long-chain polyunsaturated fatty acids, which some studies suggest are positively related to cognitive function in later life. Conversely, there is a suggestion from some studies that increased meat consumption may be related to cognitive decline. To examine this, a group of international researchers studied older people in 7 middle- to low-income countries. You can read the results of their study in the August 2009 issue of the *American Journal of Clinical Nutrition*.

Data from 14,960 participants (≥ 65 y of age) living in China, India, Cuba, the Dominican Republic, Venezuela, Mexico, and Peru were analyzed. Dietary habits were assessed by using standard, culturally appropriate face-to-face interviews, and dementia was diagnosed by using validated culturally and educationally fair criteria.

In each of the study countries, except India, there was an inverse association between fish consumption and dementia prevalence. These data extend to low- and middle-income countries previous conclusions from industrialized countries that increased fish consumption is associated with lower dementia prevalence in later life. The authors propose that this relation is not due to poor overall nutritional status in those with dementia, because meat consumption tended to be higher in this group. The relation between meat consumption and dementia remains unclear.

Source: <http://www.medicalnewstoday.com/articles/158064.php>



UPCOMING EVENTS ON CAMPUS & IN THE COMMUNITY

CAMPUS EVENTS:

Work-Life Fall Back to School Series:

All sessions, including support groups, are from 12:10-12:50 p.m. in 220 Scovell Hall, Ste 3 except where noted

- ***Brain Food for Kids** August 17
- ***How to Talk to Your Child's Teacher** August 20 in Hospital Learning Ctr, H31-F
- ***Organize your School Year** August 27
- ***Starting the School Year Right** August 24
- ***Teen Talk** September 1
- ***Behavior Tips 101** September 7
- ***Survival Course for Sandwich Generation** September 14
- ***Homework Help Workshop** September 17 in Hospital Learning Ctr, H31-F
- ***Cyber Safety for Kids** September 4

Support Groups:

***Caregivers Support Group – New Location W.T. Young Library, Keeneland Room**

August 13, September 10, October 8

***Working Mothers Support Group**

September 3, October 8, November 5

***Parenting Teens and Tweens Support Group**

August 12, September 9, October 14

For registration information on all events, visit

www.uky.edu/HR/WorkLife or call 257-8763

- **Health & Wellness Events:** *Farmer's Market rides* Thursday's in August through September), therapeutic chair massage August 19, at Alumni Park Plaza, Circle 4 Conference Room, from 9:00 a.m. to 1:00 p.m. For more information and to RSVP for appointments and programs, please visit www.uky.edu/HR/wellness.



CAREGIVER SURVIVAL GUIDE

Red Flag Health Alerts: Checklist for Caregivers When Visiting Loved Ones

MEMORY IMPAIRMENT

- ✚ Leaves burners or the oven turned on
- ✚ Forgets to take medicine
- ✚ Misses appointments
- ✚ Does not pay bills

MOBILITY DIFFICULTIES

- ✚ Falls and trips more frequently

- ✚ Walks unsteady
- ✚ Finds it hard to climb stairs or avoids stairs
- ✚ Moves with difficulty in and out of chairs and on and off sofa
- ✚ Complains about getting in and out of bathtub
- ✚ Cannot reach items in high cupboards or low cupboards

CHANGES IN MOOD AND BEHAVIOR

- ✚ Displays loss of interest in activities previously enjoyed
- ✚ Talks of feeling hopeless or useless
- ✚ Exhibits wide mood swings
- ✚ Stops participating in regular activities such as church, social groups
- ✚ Does not call or visit friends
- ✚ Does not go outside the home
- ✚ Sleeps too much during the day
- ✚ Does not sleep well at night

DIET CHANGES

- ✚ Sparsely stocks cupboards or refrigerator
- ✚ Snacks on junk food rather than healthy foods
- ✚ Complains of a loss of appetite or of overeating
- ✚ Displays substantial weight loss or weight gain

PHYSICAL APPEARANCE CHANGES

- ✚ Signs of bruises, cuts, burns appear on arms, face and legs
- ✚ Skin color change
- ✚ Appears unkempt
- ✚ Does not notice body odors
- ✚ Does not change clothes on a regular basis
- ✚ Stays in pajamas or robe rather than dressing
- ✚ Ankle or feet appear swollen

DRIVING PROBLEMS

- ✚ Begins to get in traffic accidents
- ✚ Tells of near misses or collisions
- ✚ Talks of “too much traffic on the road these days” and “ all those crazy drivers”
- ✚ You notice slowed reaction time or failure to heed to traffic signals
- ✚ Has trouble getting in and out of the car
- ✚ Does not drive at night anymore
- ✚ Gets lost

CHANGES IN HOUSEKEEPING

- ✚ Does not open mail on a regular basis

- ✦ Keeps the home cluttered and unkempt when once was quite tidy
- ✦ Cannot see and does not notice dust
- ✦ Cannot use the vacuum sweeper
- ✦ Forgets to do laundry



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