

UK Elder Care

IN THE KNOW

E-Newsletter
February 2008



A MESSAGE FROM THE COORDINATOR

Check out Elder Care's updated web site with news and information that might interest you. We have expanded the lending library of caregiving books and videos, so feel free to browse what we have to offer. This is a free service and you can check out items on-line. You can find Elder Care by going to www.uky.edu/HR/eldercare.

Also, Work-Life has updated their web site with news and information. Check out the Pet Care section if you love animals! Work-Life also has a lending library of books and videos that can be checked out on-line, so visit them at www.uky.edu/HR/worklife.



NEWS HIGHLIGHTS

Driving Proves Potentially Hazardous For People With Early Alzheimer's

A new study by researchers at Rhode Island Hospital and Brown University finds that people with Alzheimer's Disease experienced more accidents and performed more poorly on road tests compared to drivers without cognitive impairment. While the study does confirm previous reports of potentially hazardous driving in persons with early AD, it also indicates that some individuals with very mild dementia can continue to drive safely for extended periods of time. The study included 128 individuals -- 84 with early AD and 44 age-matched control subjects without cognitive impairments. Drivers with early AD were enrolled in this study and followed every six months over two to three years.

For more information about this study, visit the following web link:
<http://www.sciencedaily.com/releases/2008/01/080123161250.htm>

Study Examines Decision Making Deficits In Older Adults

We often read or hear stories about older adults being conned out of their life savings, but are older individuals really more susceptible to fraud than younger adults? And, if so, how exactly does aging affect judgment and decision-making abilities?

Recent work led by University of Iowa neuroscientist Natalie Denburg, Ph.D., suggests that for a significant number of older adults, measurable neuropsychological deficits do seem to lead to poor decision-making and an increased vulnerability to fraud. The findings also suggest that these individuals may experience disproportionate aging of a brain region critical for decision-making.

This study was published in the *Annals of the New York Academy of Sciences*. For more information about this study, visit the following web link:
<http://www.medicalnewstoday.com/articles/93937.php>

Simple Lifestyle Changes Can Help Keep Your Mind Sharp, Reports AGS Foundation For Health In Aging

As we grow older, we grow wiser in many ways, but age-related changes in the brain can make it harder to learn and remember certain things. Fortunately, growing research suggests that making simple lifestyle changes can help you stay mentally sharp, no matter your age.

To make this easier, the American Geriatrics Society (AGS) Foundation for Health in Aging (FHA) has released a new, comprehensive, and easy-to-understand tip sheet on "cognitive vitality" for older adults.

The tip sheet, "Sharp at Any Age: AGS Foundation for Health in Aging Tips for Keeping Your Brain Young," explains what older people need to do to keep their cognitive edge. Among other things, older adults should see their health care professionals regularly; get sufficient sleep (it's a myth that older people need less sleep than younger adults); exercise; and eat a diet that's low in saturated fat, and includes plenty of fruits and vegetables and two servings of fish rich in omega-3 fatty acids weekly.

This tip sheet can be found by visiting this web link:
http://www.healthinaging.org/public_education/cognitive_vitality.php

Source: <http://www.medicalnewstoday.com/articles/94850.php>



UPCOMING EVENTS ON CAMPUS & IN THE COMMUNITY

CAMPUS

- **CARE Group meetings** are in three locations. The next meeting dates are: February 14th in 220 Scovell Hall, Suite 1; February 21st C110 UK Hospital; and February 28th in Peterson Service Building, Room 379. Meetings are from 12 – 1:00 p.m. If you are not presently attending please contact Elder Care for details and more information. Newcomers are welcome at anytime.
- **Health Disparities: Rephrasing the Question presentation** will be February 6th, 4 p.m., in the M.L. King Cultural Center. For more information, call 257-3593.
- **Health & Wellness Events**: Wellness on Wheels February 5th 8 a.m. to 12 at the Joe Craft Center. Heart, Sole and Glove 5K Run/Walk is February 9th 9:30 a.m. at Coldstream Park. Weight Loss Matters begins a new class February 12th (deadline to register 7th). Chair massages February 26th from 11 a.m. – 3 in CTW Building Room 127 (minimum cost and reservations required). Visit www.uky.edu/HR/Wellness to learn about other services and scheduled events.

COMMUNITY

- **Generations Tea and Style Show to support ITN of the Bluegrass** will be held February 10th 2 – 4 p.m. at the Carrick House. Registration \$30.00 per person (\$10 will be tax deductible). Call 252-8665 for more information. To learn about IITN and the transportation service that will soon be available to seniors in Fayette County, visit the web site at <http://www.itnbluegrass.org/#>.



CAREGIVER SURVIVAL GUIDE

Twenty Ways To Care for Caregivers

Twenty of the best tips and ideas collected from Caregivers and care managers of the Medicare Alzheimer's Project in Broward and Dade Counties, Florida.

- Laugh about something everyday
- Take care of yourself physically.
- Eat a well-balanced diet.
- Talk with someone every day.
- Let family and friends help. Give them printed material on memory disorders so they can better understand your relative. Give them a chance.
- Give yourself permission to have a good cry. Tears aren't a weakness, they reduce tension.
- Exercise. A brisk walk counts.
- Get adequate rest.
- Try a bowl of Cheerios and milk before bed to promote sleep.
- Avoid noisy and/or tension-filled movies at night. The late news itself can add to stress. Skip it.
- Reduce daily caffeine intake.
- Get professional help if you feel your support system isn't adequate or if you feel overwhelmed.
- Take a break very day, even if it's only 10 minutes alone in the backyard.
- Explore community resources and connect yourself with them.
- Listen to music.
- Learn relaxation techniques.
- Regularly attend one or more support groups and education workshops.
- Give yourself a treat at least once a month: an ice cream cone....a new shirt or dress....a night out with friends....a flowering plant.
- Read your Caregiver's Bill of Rights (and *Today's Caregiver* magazine)
- Know your limitations.

Source: Caregiver.com

www.uky.edu/HR/eldercare ~ (859) 323-4600