



THE CAREGIVERS' NEWSLETTER

Connecting Caregivers to Answers and Support

News And Articles

Sundown Syndrome Can Worsen in the Fall

Sundowning can happen year-round, but during autumn and winter, the effects can be magnified due to shorter, darker days. Be aware of the causes, signs and treatments for this complication of dementia. [Read More »](#)

[Light Therapy for Caregivers and Dementia Patients](#)

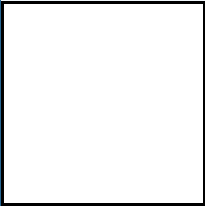
Both caregivers and their loved ones can benefit from daily light therapy. This natural treatment can help regulate wake/sleep patterns, stabilize moods, and minimize the symptoms of sundown syndrome. [Read More »](#)

[Fun Fall Activities for Seniors and Their Caregivers](#)

Fall is a great opportunity for outings and activities that seniors and family caregivers can enjoy together. Celebrate autumn with these fun crafts, seasonal foods and refreshing ideas. [Read More »](#)

[Why Are Falls So Dangerous for Seniors?](#)

While a trip or tumble may be a minor inconvenience for younger people, falls can cause significant, or even fatal, injuries for elderly individuals. [Read More »](#)



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Questions and Discussions From Caregivers

Q: Any suggestions for games/activities for my 91-year-old mom with dementia?

Her hands are crippled with Arthritis so crochet and knitting are out of the question.

Q: My father with dementia frequently gets angry and lashes out against me as well as other caregivers. What can I do?

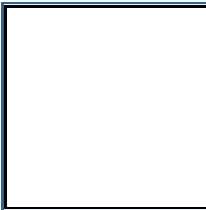
All the advice I read about not engaging when a dementia patient's rants and raves is not reality.

Q: How can you distinguish symptoms in a stoic patient?

Until about 3-4 weeks ago, it was uncommon for her to go multiple days without speaking. But for the last 2 weeks, she has not spoken a word and seems out of it.

Q: Mom has terrible hunched/slouched posture with rollator walker. Does this mean it's time for a wheelchair?

On these days it is difficult for the aide to help support her when walking.



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