

# Caregiver Assistance News

“CARING FOR YOU... CARING FOR OTHERS”

## Alzheimer's – Hallucinations & Paranoia

People with Alzheimer's disease (AD) may see, hear, smell, taste, or feel things that are not really there. The most common *hallucinations* are those that involve sight or hearing. Some people with AD develop strange ideas about what is actually happening and may come to believe that other people want to harm them. This kind of belief is called a *delusion*.

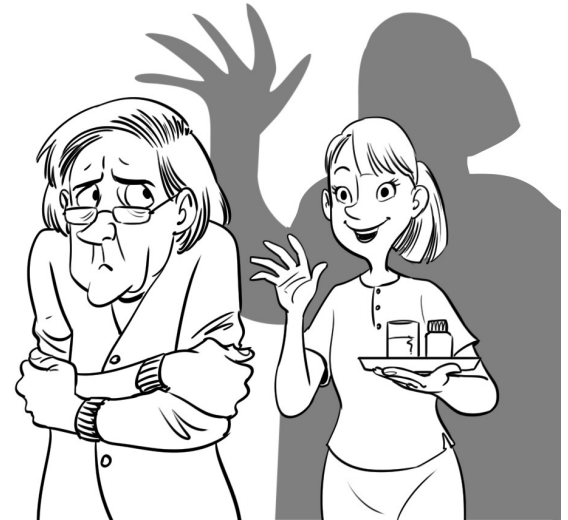
These symptoms are usually thought of as being caused by mental illness, but they are actually fairly common in Alzheimer's disease, especially in the middle stage, although they can occur at other stages. There may be many causes mostly having to do with the parts of the brain affected by the disease. In any case, it is important not to be frightened by what are irrational thoughts and experiences and to know how to respond to them.

It is essential that you do not tell the person who is seeing or hearing things that you know what he sees is not real because the things *are* real to the person. Reassure the person that you will keep him safe and try to understand the *emotion* behind the hallucination or delusion. This may be enough to enable the person to let go of these concerns, at least for the moment. If the hallucination is pleasant and the person is planning a birthday party, try to connect to her by joining in the fantasy. You do

not need to say that you see or hear the same things but you can accept that the person does.

People with Alzheimer's may also become suspicious and may accuse someone of stealing from them when they cannot find something. When the person with dementia does not remember where he put something, the idea that it has been taken by someone may appear to be a reasonable explanation for its being missing. Tell him you will help him look for it, and try not to mention the fact that he is the one who misplaced it.

*Paranoia* in people with Alzheimer's appears as unrealistic beliefs, usually of someone seeking to do them harm. They may hoard or hide things because they believe someone is trying to take their possessions. These symptoms can be very distressing both for the person with AD and for you. Remember, what the person is experiencing is very real to him. It is best not to argue or disagree. Try not to take



Article continues  
on page 2

it personally. In this situation it is best to offer to help the person to find the missing item. It will not be helpful to try to convince him that his explanation is wrong or based on his poor memory.

When these behaviors do not respond to supportive caregiving techniques it may be necessary to consider medication, especially if the person is very upset or puts himself or others in danger because of his symptoms. These symptoms are sometimes caused by depression, which often accompanies Alzheimer's disease. Consult with your physician, who may recommend an antidepressant medication. Other medications, called anti-psychotics, are frequently prescribed. They should be used with caution and sensitivity.

Source: *The Comfort of Home for Alzheimer's Disease: A Guide for Caregivers*

## "Resistance" to Care

In the later part of the middle stage of Alzheimer's disease, when a person for whom you care seems to be refusing to cooperate with the activities of daily living such as dressing or bathing, you may think he is *resisting* care. In fact any time a person with Alzheimer's says "no" he may be labeled uncooperative.

People with Alzheimer's may get upset when somebody touches them. You may be trying to do something to help him, but he doesn't understand what's going on. He may be feeling uncomfortable, powerless, frightened, tired, in pain, or confused. He cannot say how he wants to be treated.

*Resistance* has many components. Try to put yourself in the shoes of the person with Alzheimer's and you may be able to avoid causing resistance. You may be able to change your approach to reduce these responses and actually be able to help the person to cooperate with you.

In order to provide good care you need to know how to respond to all the different ways in which the illness affects the person with dementia. This means that in many cases the person shows you with actions what can no longer be communicated in words. So behaviors are more than behaviors. They are messages about ideas, feelings, and needs the person is telling you about in the best way he or she can.



## Taking Care of Yourself— Anger

It is easy to feel victimized in this situation; you are caught up in the problems caused by someone else's illness. One natural response is anger. Unleashing anger on the person in your care is wrong and may make you feel guilty that you have expressed anger; think of it as a message to yourself that you need more respite or support. Try these outlets:

- Caregiver support groups provide a place where you can freely express your feelings. Everyone there understands; no one will make you feel guilty. Members will often offer effective, real-world solutions.
- Make an appointment with a therapist or clergy person.
- Separate the person from the condition. The illness, not the person in your care, is responsible for the difficulties and challenges that you both are facing. Don't blame the care receiver for the situation you are in.



## Inspiration

*Each of us makes his own weather,  
determines the color of the skies  
in the emotional universe  
which he inhabits.*

—Bishop Fulton Sheen

## Live Life Laughing!

My problem is I am too old for a walk on the wild side— and too young for a walk-in bath!



## Memory Care - Language

*Aphasia*, associated with Alzheimer's, is a word for problems with language: it can affect speaking, understanding speech, reading, and writing. In the early stages, people have trouble thinking of common words while speaking or writing. In time, the ability to understand what others are saying also declines.

## Caregiving in The Comfort of Home®

### Our Purpose

To provide caregivers with critical information enabling them to do their job with confidence, pride, and competence.

### Ordering Info

From the publishers of

*Caregiving in  
The Comfort of Home®  
Caregiver Series*

#### available from...

CareTrust Publications LLC  
PO Box 10283, Portland, OR 97296  
800-565-1533  
or [www.comfortofhome.com](http://www.comfortofhome.com)

Comments and suggestions welcome.

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## SAFETY TIPS— Fear of Falls in Alzheimer's

A person with Alzheimer's, even in the early stages, probably will have subtle changes in walking ability that will become more severe as time goes on. This can create difficulty with balance. If the person has other illnesses, the problems may be more severe. It is natural that he will fear falling.

To help the person in your care feel more confident, adaptive devices such as walkers or canes can be useful, but you will have to remind him to use these devices. Bring the cane or walker to the person when he has forgotten it. Exercises that you can do with the person in your care may improve his balance. Remember, before starting any type of exercise routine, get advice from your physician. Start slowly with only moderate effort. Give the care receiver time to build strength and stamina. Any amount of exercise helps reduce risk of falling, and the benefits of exercise are cumulative, so find a way to make it easy and enjoyable to exercise. Exercise is a particularly effective way to reduce depression.

And finally, everything said here about the benefits of exercise also applies to the caregiver. You need exercise as much as the person in your care. Find a way to make it part of most days.

# Caregiver Assistance News

“ C A R I N G F O R Y O U ... C A R I N G F O R O T H E R S ”

## Q U I C K Q U I Z

In order to provide good care you need to know how to respond to all the different ways in which the illness affects the person with dementia. Answer True or False to the questions below.

1. It is essential that you do *not* tell the person who is seeing or hearing things that you know what he sees is not real because the things *are* real to the person.  
T F
2. The most common hallucinations are those that involve sight or hearing.  
T F
3. Paranoia in people with Alzheimer’s disease appears as unrealistic beliefs, usually of someone seeking to do them harm.  
T F
4. People with Alzheimer’s disease may get upset when somebody touches them.  
T F
5. A person with AD, even in the early stages, probably will have subtle changes in walking ability that will become more severe as time goes on.  
T F
6. In the early stage, people do not have trouble thinking of common words while speaking or writing.  
T F
7. Unleashing anger on the person in your care is wrong and may make you feel guilty that you have expressed anger; think of it as a message to yourself that you need more respite or support.  
T F
8. Any amount of exercise helps reduce the risk of falls.  
T F
9. Hallucinations are thought of as being caused by mental illness, but they are actually fairly common in Alzheimer’s disease.  
T F
10. Even though the symptoms the person is experiencing are very real to him, try to convince him that his explanation is wrong or based on his poor memory.  
T F

Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_



# JULY 2020 Events

**DUE TO THE COVID -19 VIRUS ALL SUPPORT GROUPS ARE TEMPORARILY CANCELLED**

## ALZHEIMER'S & GENERAL SUPPORT GROUPS

**WHEN: MONDAY, temporarily cancelled**

**TIME:** 1:00 p.m.

**WHERE:** Brookdale Northshore

**ADDR:** 401 Northshore Blvd. Portland

**WHEN: TUESDAY, temporarily cancelled**

**TIME:** 10:00 a.m. - 11:00 a.m.

**WHERE:** St. Gabriel of Corpus Christi

**ADDR:** 7245 McArdle Rd., Corpus Christi

**WHEN: TUESDAY, temporarily cancelled**

**TIME:** 6:00 p.m.

**WHERE:** Elan Assisted Living & Memory Care

**ADDR:** 5441 Lipes Blvd., Corpus Christi

**WHEN: WEDNESDAY, temporarily cancelled**

**TIME:** 10:30 a.m.

**WHERE:** Touchstone River Ridge Nursing Rehab. Center

**ADDR:** 3922 W. River Dr. (Off FM 624), Corpus Christi

**WHEN: THURSDAY, temporarily cancelled**

**TIME:** 10:30 p.m.

**WHERE:** Rockport Nursing & Rehab. Care

**ADDR:** 1912 FM 3036, Rockport

**WHEN: THURSDAY, temporarily cancelled**

**TIME:** 5:30 p.m.

**WHERE:** The Viera Senior Living

**ADDR:** 3010 Airline Rd. (Airline/Saratoga) Corpus Christi

**WHEN: FRIDAY, temporarily cancelled**

**TIME:** 10:00 a.m.—11:00 a.m.

**WHERE:** Lindale Senior Center— Dementia Spotlight Memory Café for those living with Dementia

**ADDR:** 3135 Swantner St, Corpus Christi

**WHEN: THURSDAY, temporarily cancelled**

**TIME:** 5:30 p.m.

**WHERE:** The Viera Senior Living

**ADDR.:** 3010 Airline Rd. (Airline/Saratoga) Corpus Christi

**WHEN: WEDNESDAY, temporarily cancelled**

**TIME:** 12:00 p.m.

**WHERE:** Lindale Senior Center / Caregiver S.O.S.

**ADDR:** 3135 Swantner St., Corpus Christi

**WHEN: WEDNESDAY, temporarily cancelled**

**TIME:** 10:30 a.m.

**WHERE:** Arden Place of Beeville

(Previously Woodridge Nursing Facility)

**ADDR:** 600 So. Hillside Dr., Beeville

**WHEN: THURSDAY, temporarily cancelled**

**TIME:** 3:00 p.m.

**WHERE:** Mirador Plaza (Back Entrance)

**ADDR:** 5857 Timbergate Dr., Corpus Christi

**WHEN: TUESDAY, (Grief Reflections) temporarily cancelled**

**TIME:** 10:00a.m.

**WHERE:** Brookdale Senior Living

**ADDR:** 6410 Meadow Vista, Corpus Christi

## ALZHEIMER'S & GENERAL SUPPORT GROUPS

**WHEN: TUESDAY, temporarily cancelled**

**TIME:** 4:00 p.m.

**WHERE:** Meridian Care Nursing Home (The Drake Bldg)

**ADDR:** 219 N. King St., Alice

**WHEN: THURSDAY, temporarily cancelled**

**TIME:** 10:30a.m.

**WHERE:** Ed & Hazel Richmond Public Library

**ADDR:** 110N. Lamont St., Aransas Pass

## Monthly Face to Face Dementia Educational Session

**WHEN: WEDNESDAY, temporarily cancelled**

**TIME:** 6:15 p.m.

**WHERE:** Doctors Regional Medical Center-Conference Center  
by Dr. N. Proderio

**ADDR:** 3420 Ft. Worth St., Corpus Christi

## GRANDPARENTS AND OTHER RELATIVES RAISING

**WHEN: TUESDAY, temporarily cancelled**

**TIME:** 10:00 a.m.- 11:00a.m.

**WHERE:** Greenwood Senior Center

**ADDR:** 4040 Greenwood Drive, Corpus Christi

**WHAT: (\*)EVENING GRRC SUPPORT GROUP**

**WHEN: THURSDAY, temporarily cancelled**

**TIME:** 6:00 p.m. - 7:00 p.m.

**WHERE:** First United Methodist Church

**ADDR:** 900 South Shoreline Blvd. ,Corpus Christi  
(2nd floor-Rm. #216 / parking & entrance  
behind church)

**PHONE:** (361) 334-2255

Facilitated by: MCH Family outreach.

For Additional Information contact:

Felipa Lopez Wilmot

Family Caregiver Program Specialist

OR

Sally Edsill

NFCSP Administrative Assistant

Office: (361) 883-3935 (Felipa: Ext-5153)

(Sally:Ext-5156)



Facilitations are provided by:  
**THE NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM**  
a program of  
Texas Health and Human Services


**Date Time Topic A LEADING VOICE FOR CAREGIVERS**

**Wednesday, July 1st.** 11:00 am Eastern  
10:00 am Central  
9:00 am Mountain  
8:00 am Pacific

**COVID-19 y Asistencia Al Enfermo con Imelda Aguirre y Andrea Alcalá** *Cuidar a alguien que vive con demencia durante la pandemia de COVID-19 agrega desafíos únicos para los cuidadores. Este programa proporciona consejos simples que los proveedores de cuidados pueden poner en práctica, ya sea que la persona que vive con demencia viva en su hogar, en un centro residencial, o en casa de sus proveedores de cuidado.*

**Wednesday, July 8th** 11:00 am Eastern  
10:00 am Central  
9:00 am Mountain  
8:00 am Pacific

**COVID-19 and Caregiving with Elliot Montgomery Sklar & Lucy Barylack, MSW** *Join us as we continue our discussion on how to cope during the COVID-19 outbreak, and how to safely transition into a new normal. Lucy Barylack, MSW and Dr. Elliot Sklar will talk about the most recent updates and issues impacting caregivers, and answer questions on how to stay safe and healthy in these unprecedented times.*

**Thursday, July 9th** 11:00 am Eastern  
10:00 am Central  
9:00 am Mountain  
8:00 am Pacific

**Dear Lucy: How to respond to a love one who suffers from dementia during the Coronavirus with Lucy Barylack, MSW** *People who suffer from dementia can become even more confused at this time. There are changes in their routine, people are wearing masks, not able to leave the home, can become more agitated, afraid, etc. How should caregivers respond and what they need to know and do.*

**Monday, July 13th** 1:00 pm Eastern  
12:00 pm Central  
11:00 am Mountain  
10:00 am Pacific

**You are not alone: Caregiving in the Time of Covid-19 with Gary Barg** *A discussion on the challenges faced by caregivers as they care for loved ones during and after the pandemic. Share viable solutions, answers to your questions, and family caregiving tips important to caregivers during and after the Covid-19 pandemic. **\*\*Sponsored by the North Central Texas Caregiver Teleconnection\*\****

**Tuesday, July 14th** 11:00 am Eastern  
10:00 am Central  
9:00 am Mountain  
8:00 am Pacific

**Caring for the Caregiver with Dr. Nestor Praderio** *Caregivers are a noble breed. They are selfless and devoted. They exude compassion, kindness and genuine love. They consistently put others before themselves to the point of exhaustion. In extreme cases Caregiving may even be detrimental to one's own health and wellbeing. Learn how to validate your feelings as a Caregiver and listen to other Caregivers about their coping strategies to avoid Caregiver burnout.*

**Tuesday, July 21** 12:00 pm Eastern  
11:00 am Central  
10:00 am Mountain  
9:00 am Pacific

**Dementia Dialogues: Communication in Dementia with Tam Cummings, PhD** *A Person With Dementia (PWD) is suffering from a terminal brain disease. Understanding how memory works, knowing the type of dementia your loved one has, and the stage of the disease, allows caregivers to target conversation to the memories that continue to function. Using this skill allows for interactions with old memory and can lead families to new insights into their loved one's younger life. **\*\*\*Sponsored by VITAS Healthcare\*\*\****

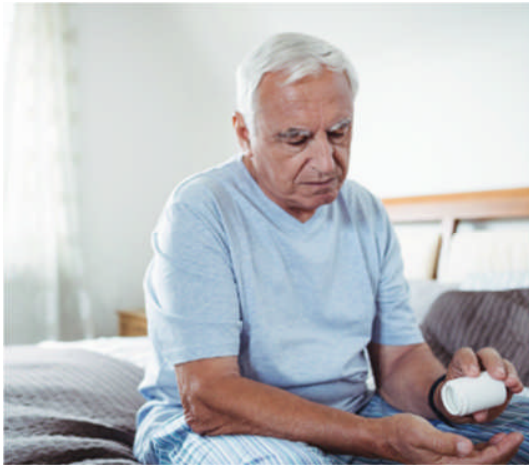
**Wednesday, July 29th** 11:00 am Eastern  
10:00 am Central  
9:00 am Mountain  
8:00 am Pacific

**COVID-19 and Caregiving with Elliot Montgomery Sklar & Lucy Barylack** *Join us as we continue our discussion on how to cope during the COVID-19 outbreak, and how to safely transition into a new normal. Lucy Barylack, MSW and Dr. Elliot Sklar will talk about the most recent updates and issues impacting caregivers, and answer questions on how to stay safe and healthy in these unprecedented times.*



**A program of the WellMed Charitable Foundation**

**Register online at [www.caregiverteleconnection.org](http://www.caregiverteleconnection.org) or call 866.390.6491 Toll Free**



# COVID-19

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## FAMILY CAREGIVING

### Tips for Family Caregivers and COVID-19

At Caregiver Action Network, we're family caregivers too, so we know: Caregivers are great at planning ahead and managing unexpected health crises, but with COVID-19 you may not have time to plan, or sort through the rapidly changing and sometimes conflicting available information. These tips can help keep you and your loved ones as safe as possible.

#### **Follow the guidance of the CDC.**

The CDC has put together a number of resources to answer specific questions and address concerns you may have. **They have also formulated this guidance for caring for someone sick at home.** The CDC's current recommendations to help ensure everyone's health and safety, include:

- Avoid large crowds. Currently, the CDC is recommending no public gatherings exceeding 10 participants.
- Avoid non-essential travel.

#### **Find support**

Do you participate in a support group? Contact Coastal Bend Area Agency on Aging for information about virtual support groups.

#### **Refill Prescriptions**

Make sure you have enough of your loved one's medical supplies and medications for an extended period.

#### **Check to see if your loved one's medications are part of a patient assistance program**

During this time, many pharmaceutical companies are expanding their patient support programs to help eligible unemployed patients in the U.S. who have lost their health insurance due to the COVID-19 pandemic. These expanded programs offer access to many prescription medications for free.



**Monitor the health of your loved one, and keep in touch with their medical team**

Many health care plans and practices have their own guidelines for how and when they should be contacted about possible COVID-19 exposure or symptoms. Call your loved one's primary care doctor and ask how they want you to proceed.

**Only go to the Emergency Room for emergencies**

If you suspect that you or your loved one are experiencing COVID-19 symptoms, call your doctor.

**Know your own risk factors**

Do you have a chronic condition? Are you immunosuppressed? Many caregivers themselves have health issues, so don't put yourself in unnecessary danger.

**Be aware of any changes to visitation policies**

Many hospitals and emergency rooms no longer allow visitors, including family caregivers, in treatment areas or patient rooms. In a situation where you are not allowed to be with your loved one in the hospital or emergency room, discuss a strategy with staff that will allow you to get updates on your loved one. Many skilled nursing and assisted living facilities have made changes to their visitation policies. Check to see if outside visitors are allowed before making a trip.

**Call ahead before going to some medical appointments**

To minimize the risk of exposure, many healthcare facilities are handling some appointments with telemedicine. Medicare and other insurance providers have expanded coverage to now include telemedicine. Call your loved one's healthcare provider in advance of the appointment to see if the appointment can be held via telemedicine.

**Prepare for a possible quarantine**

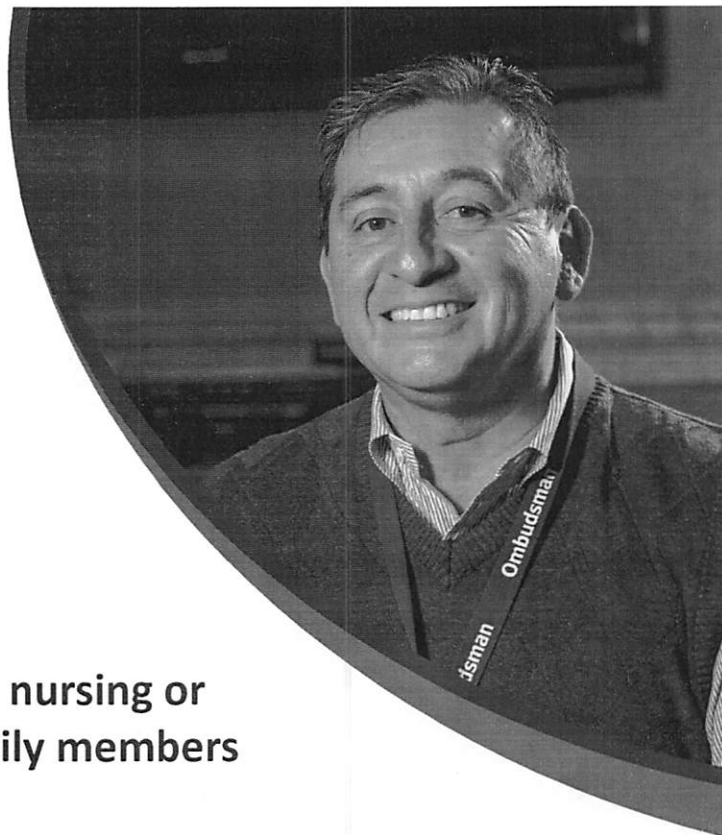
If your loved one has been exposed to COVID-19 or has developed symptoms and/or tested positive for the virus, you will need to manage a 14-day quarantine.

- Can your loved one stay in a specific room and away from other people in your home? They should also use a separate bathroom, if available.
- Avoid sharing personal items such as: dishes, towels, and bedding
- Clean all surfaces that are touched often. These include: counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

**Self-care is Important:**

With the stress and anxiety around COVID-19, ensure that you're taking care of yourself. Contact Coastal Bend Area Agency on Aging for Caregiver Support Services at 361.883.3935.

# Long-term care residents' **Medicaid and stimulus checks 2020**



**For Medicaid-eligible residents of a nursing or assisted living facility and their family members**

## **Will a stimulus check affect a resident's Medicaid eligibility?**

The IRS defines the stimulus check as a tax rebate that will not be counted as income or resources if it is spent within 12 months from receipt. If funds remain unspent after 12 months, the unspent funds will be counted as a resource. Medicaid is automatically extended for all current Medicaid-eligible individuals. Anyone who currently has benefits will not be denied during this period.

Medicaid spending rules still apply as these funds will be calculated in a "look-back period." Keep all receipts of expenses, especially for purchases over \$200.

## **Will the stimulus check count as applied income?**

No. As a tax rebate, the individual stimulus check will not be calculated as applied income in a nursing facility or copayment or room and board in an assisted living facility. A person's applied income or copayment amount will not be changed by the stimulus check.

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## **Questions?**

Contact the  
Office of the State  
Long-Term Care  
Ombudsman at  
**800-252-2412** or  
**ltc.ombudsman@  
hhsc.state.tx.us.**

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This information is provided by the State Long-Term Care Ombudsman Program who are advocates for long-term care residents.



**TEXAS**  
Health and Human  
Services



## Who decides how a resident spends the money?

A resident has a right to manage his or her money or choose who manages it. If a resident chooses someone to manage their money, that person has a responsibility to spend the money on the resident's basic needs, including health care and clothing, before spending on other things the resident wants. If a facility manages the resident's money in a trust fund, the resident must approve each withdrawal from the trust fund account.

If a facility or facility staff member is acting as a representative payee for a resident, the representative payee manages only a resident's Social Security or Supplemental Security Income (SSI). The stimulus check is not Social Security or SSI.

### Examples of allowable spending:

- Dental care, sitter care or an assistive device not covered.
- Tablet, phone, TV, Wi-Fi, reading material.
- Clothing, shoes, hygiene supplies, haircuts.
- Minifridge, snacks.
- Burial plan and burial items allowed by Medicaid.
- Personal non-medical outings transport.
- Expenses for moving into the community.

### Medicaid rules for spending:

- Must spend in 12 months or it will be counted in the resource limit.

## Residents and Families

Stimulus checks started being distributed in mid-April. They will be sent the same way that Social Security and SSI checks are currently sent. Action is only required by a resident who does not receive Social Security or SSI and who did not file a tax return in 2018 or 2019. They can check the IRS website for instructions. Full vendor residents who do not receive either Social Security or SSI can register on the IRS website.

### Make sure all new purchases are:

- Marked with the resident's name. For clothing, mark inside of collar or waistband.
- Recorded on the resident's inventory sheet with the facility, in case the purchased item is lost.
- Allowable by Medicaid. Have the facility's business office check with a Medicaid representative BEFORE purchasing.
- Supported with receipts. Give a copy of all receipts to the business office. Any expense over \$200 will likely need to be explained to Medicaid when renewing your application.

More information about the stimulus check can be found on the IRS website at [irs.gov/coronavirus/non-filers-enter-payment-info-here](https://irs.gov/coronavirus/non-filers-enter-payment-info-here).

**For additional information contact:**

*Edna L. Ramirez*

*Managing Local Ombudsman*

**Cell (361)-946-5467**  
**email: [edna@cbcogaaa.org](mailto:edna@cbcogaaa.org)**



**Presented by:**  
**Alzheimer's Association**

**Build a support system with  
people who understand.**

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Alzheimer's Association® telephone support groups provide emotional, educational and social support for caregivers through regularly scheduled meetings. Held via telephone to accommodate individuals who are unable to travel to a meeting site, these groups help participants develop coping methods and encourage them to maintain their personal, physical and emotional health.



**No one should face Alzheimer's alone.** Register for one of our free virtual community programs for information and resources about Alzheimer's and other dementias. View all available programs at [alz.org/crf](http://alz.org/crf).

## SCHEDULED PROGRAMS JULY

### **COVID-19 and Caregiving**

**Interactive Webinar**

Tuesday, July 7 | 3:30 PM | Register Online - [bit.ly/COV197720](http://bit.ly/COV197720)

### **Understanding Alzheimer's and Dementia**

**Interactive Webinar**

Tuesday, July 14 | 3:30 PM | Register Online - [bit.ly/UAD71420](http://bit.ly/UAD71420)

### **2020 Research Update SASTX Chapter**

**Interactive Webinar**

Tuesday, June 21 | 3:30 PM | Register Online - [bit.ly/LFP72120](http://bit.ly/LFP72120)

### **Understanding and Responding to Dementia-Related Behavior**

**Interactive Webinar**

Tuesday, July 28 | 3:30 PM | Register Online - [bit.ly/ECS72820](http://bit.ly/ECS72820)



For more information or to register by phone, please call our

**24/7 Helpline 800.272.3900**

If registering for a session starting in less than 24 hours, please call to register by phone.