

alzheimer's association®

Midlands Chapter

Perspectives

Research · Support & Care · Reduce the Risk

August 2011 Issue Serving Northeast Nebraska & Southwest Iowa

24/7 Helpline 800.272.3900 * www.alz.org/midlands



The END of Alzheimer's disease starts HERE.

Join the Alzheimer's Association® Walk to End Alzheimer's™ and unite in a movement to reclaim the future for millions. Since 1989, we've mobilized millions of Americans in the Alzheimer's Association® Memory Walk; now, we ask you to register for Walk to End Alzheimer's™, the nation's largest event to raise awareness and funds for Alzheimer's care, support and research. Together, we can END Alzheimer's disease the nation's sixth-leading cause of death. Sign up for a Walk in your community today!

To create or join a team or find out more information please go to www.alz.org/midlands **TODAY!**

Please contact Alisha toll free at 800.272.3900 or 402.502.4301 or apalagi@midlandsalz.org

- **Saturday, September 10, 2011 at Mid America Center, Council Bluffs, IA**
- **Saturday, September 17, 2011 at Merrill Field, Harlan, IA**
- **Sunday, September 25, 2011 at Chalco Hills, Omaha, NE**
- **Saturday, October 1, 2011 at Johnson Lake, Fremont, NE**

Thanks to Our Presenting Sponsors



Omaha Walk



METHODIST

Fremont Walk

 NyeSeniorServices

Caregiver Educational Series

AN OPPORTUNITY TO SHARE INFORMATION,
EDUCATION AND SUPPORT

Tuesday Evenings from 4:30 to 6:00 p.m.

Lutheran Family Services, 1941 South 42nd Street, Suite 402, Omaha, NE

August 23rd----Communication and Behaviors: "A Caregiver's Toolbox"

Diane Hendricks, CMSW, Geriatric Assessment Center UNMC

August 30th----Caregiver Panel

Allan Schur, MS, Caregiver; Patricia Callone, MA, Caregiver and Author; Kathy Bickerstaff, PMHNP, Support Group Facilitator

This series is made possible in part through a gift from the Midlands Chapter Community Education Fund.

There is NO CHARGE to attend this series. TO MAKE A RESERVATION, please contact Gloria at the Midlands Chapter Headquarters Office toll free at 800.272.3900 or 402.502.4301 or register on-line at www.alz.org/midlands **TODAY!**

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Respite Care Grants Available Through the Midlands Chapter

Making an application for Respite Care is as easy as one, two, three . . .

1. Log on to www.alz.org/midlands, find the Respite Care Grant application form and print it.
2. Return the completed Application Form to the Midlands Chapter either by mail, FAX to 402.502.7001, or bring it to our office at 1941 South 42nd Street, Suite 205, Omaha, NE.
3. You will be contacted by Chapter Staff when the application and approval process is complete.

[Please go to our web site to download an application TODAY!](#)

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Living Trust

by Allison Brown-Corson, Development Director



Midlands Chapter Wish List

The [Alzheimer's Association@ Midlands Chapter](#) welcomes donations of gifts in-kind from our donors. Your generosity helps fulfill our mission and can provide a valuable tax deduction for you. Currently, the Chapter has need of the following items:

- Flat screen television for educational programs and presentations
- Board room chairs
- Brochure rack for the Family Resource Room
- Paper Folding machine
- Portable flip chart and stand
- Digital camera
- Frequent Flyer Miles for Staff and Volunteers
- A vehicle for staff travel
- Financial Support for the Respite Care Reimbursement Program
- Financial Support for the Community Education Fund

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Wellness Wisdom

by Rosalie Shepherd, BS, Program Staff

Driving and Alzheimer's Disease

Learning to drive and owning a car has long been a right of passage in this country. It has been engrained in our psyche since 15 years of age. It allows the first taste of independence, and it is one of the hardest skills to relinquish.

"How do I take Dad's car keys away from him?" He taught me how to drive." lamented a man who called us for help. It seems Dad resisted all attempts to stop his driving, yet the signs were all there that indicate he should no longer drive.

Frequently, individuals with Alzheimer's disease (AD) or other dementias do not realize or accept that their skills are no longer as sharp as they once were. Driving is a well-learned skill and a confused person can still appear to be driving well when he/she is not really a safe driver. Driving requires a highly complex interaction of eyes, brain, and muscle and the ability to solve complicated problems quickly.

Previous studies demonstrate that poor driving performance increases with increased dementia severity. However, not all people with Alzheimer's are unsafe drivers. Dementia should not be the sole justification for suspending driving privileges. Instead, an on-the-road driving test, or other functional test, is the best way to assess driving skills. Some

state agencies have special drive tests to determine how well a person sees, judges distance and responds to traffic. The Alzheimer's Association® Midlands Chapter may be able to provide a list of available special testing/private assessment services.

Caregivers should look for the following signs:

- Getting lost in familiar places
- May not notice traffic signs
- Poor judgment of distance - running over curbs
- Poor decisions in traffic - not yielding right-of-way
- Sometimes drive too slowly
- Becoming confused or angry easily while driving

Following are some tips from professionals and experienced caregivers on how to help the person who should no longer drive.

- Have the family physician write or tell the individual that he/she can no longer drive
- Disable the car by removing the distributor cap or other part
- Move the car to another location
- Alter the ignition key or switch with an old key
- Notify the local motor vehicle authorities to call in individual with AD in for testing

The caregiver should also be sensitive to the fear of isolation, and line up people to drive the individual to the doctor, hair dresser, grocery stores and other errands. This will help the individual better come to terms with the need to give up the car keys.

For more information on Driving and other caregiving tips, visit our website www.alz.org/midlands or call our 24/7 information line 800.272.3900.

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Stay up-to-date with the latest events and activities at the Midlands Chapter!
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Stop by our brain gym

Exercise your brain and test your skills.

Solve today's puzzle ▶▶



OUR VISION:

A world without Alzheimer's.

OUR MISSION: To eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.