Enhancing Communication

Interacting with Persons with Alzheimer’s Disease
By Jennifer Bachman, M.Ed, Alzheimer’s Association

Perhaps one of the most difficult aspects of living with Alzheimer’s disease is the loss of the ability to communicate. Not being able to communicate thoughts or needs can be painful, frustrating and embarrassing. For the caregiver, communicating with a person with dementia can be extremely difficult especially in the later stages of the disease. It is most often at this point when language skills become quite impaired, resulting in nonsensical, garbled statements, and difficulty understanding what is trying to be expressed. As a caregiver, you will need to be aware of the person’s changing and lessening abilities. You will have to discern when the person with Alzheimer’s does not understand what is being said and find new ways to communicate.

It is important to remember that only 10 percent of communication is verbal and the other 90 percent is non-verbal! Therefore, how we say something is at least as important as what we say. In Alzheimer’s disease, the person retains the ability to understand and communicate non-verbally long after written and spoken language have been forgotten. There are three important aspects to consider and try for successful communication: active listening, timing and place of communication, and effective self-expression.

Active listening
Active listening means that you respond to the emotional tone of the statement. The goal is to understand not just the words the person uses. You may not understand what is being said, but you may recognize that it is being said angrily or sadly. It is important to
Do not....

...argue with the person.
...demand or order the person around.
...tell the person what he or she can't do.
...be condescending.
...ask a lot of direct questions that rely on a good memory.
...talk about people in front of them.

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acknowledge the feeling by saying, “You sound very sad,” even if you cannot decipher the words. This validates the person’s emotion and shows your concern.

By remaining patient and calm, you encourage the person to continue to communicate. Apologize and ask the person to repeat the question or statement. Let the person know when you understand by repeating it or rephrasing it. If you still do not understand, try to focus on a word or phrase that makes sense. Or, encourage the person to act out the meaning. For instance, make the gesture of face washing or brushing your teeth. Do not interrupt while a person is trying to communicate something. Interrupting will only slow or block communication and may very well lead to unintentional problem behaviors.

Time and Place of Communication

The second aspect of positive communication is choosing a good time and a place free of distractions. People with dementia often have very little ability to screen out distractions such as conversations, television or other noises. Begin the conversation by creating a relaxed atmosphere and watch the person’s body language to determine readiness for communication. If you identify any non-receptive behaviors wait until another time. Non-receptive behavior includes: backing away, turning the head or body away, walking away, avoiding eye contact, pulling away, frowning, increased general body tension, fidgeting, shaking, increased respiratory and/or heart rate, flushing or paling, narrowing or closing the eyes and raising the pitch of voice tone.

Effective Self-expression

Finally, think about how you are presenting yourself to the person. Persons with dementia are very attuned to and aware of non-verbal cues such as facial expressions, body tension and mood. Consider the following. Are you rushed, impatient, frowning? Are your body language and facial expressions saying the opposite of your words? Are you speaking clearly, simply and slowly? If you are angry or tense, there is increased potential for the person with Alzheimer’s to become angry, anxious or annoyed. Try a calm, gentle, matter-of-fact approach. You set the mood for the interaction. A relaxed, easy going manner will be much more effective than a demanding or authoritative approach. Often times a gentle touch is reassuring and will help to convey your message; however, some people may be unaccustomed to physical affection and may be frightened by a hand on the arm. In this case, do not use touch.

When speaking, use short, simple sentences and speak slowly. Allow time for processing and response. Typically, it takes 5 seconds for one simple sentence to be processed by a person with dementia. Then it takes more time for the person to formulate his or her response. Use familiar words and avoid cliches, idioms or generalizations like “I’m so hungry I could eat a horse”, “Iron it out”, “Holy smoke”. Give simple choices. “Would you like coffee or milk?” instead of “What would you like to drink?” Also, give one instruction at a time and in simple steps. “Please sit down.” “Now let’s take off your shoes.” If you have a task at hand that you know will be difficult or unpleasant for the person, try talking about something else for five or ten minutes to gain the person’s trust and help him become more relaxed. Again, you are setting the tone, creating the mood and the atmosphere!

What do you do if this fails? Try distracting the person by diverting his attention to another activity such as going for a walk, offering a snack, or listening to the radio. This distraction may be enough to diffuse an angry or anxious mood. It is important to ignore an angry outburst and try to change the emotional tone of the conversation rather than become angry yourself. Try again later. It is more important to convey your concern and affection at these difficult and stressful moments than to get a specific task completed or a piece of information expressed.
Dental Care

Good oral hygiene can be a challenge for individuals with Alzheimer’s. Brushing is sometimes difficult because of the individual’s inability to understand and accept assistance from others. To help the individual:

- Provide short, simple instructions. “Brush your teeth” may be too difficult. Instead try: “hold your toothbrush,” “put paste on the brush,” and “brush your top teeth,” etc.
- Use a mirroring technique. Hold a brush and show the individual how to brush his or her teeth.
- Monitor daily oral care. Brush teeth or dentures after each meal and floss daily. Remove and clean dentures every night, and brush the person’s gums and roof of the mouth. If the person refuses to open his or her mouth, try using oral hygiene aids available from your dentist to prop the mouth open. Strained facial expressions during dinner or refusal to eat may indicate oral discomfort.

Caregivers are essential in helping the person maintain oral hygiene, noticing any problems and seeking help from a dentist. Notify the dentist in advance that the person has Alzheimer’s, so that an oral care routine can be developed.

CAREGIVERS CAN SURVIVE—Even With Alzheimer’s Patients
By Dr. Joe Gettys of Clinton, S.C.

Dr. Joseph M. Gettys of Clinton, S.C. has written a book about his experiences as a caregiver for his wife Mary Lou. Mica Nixon, a friend of Dr. Gettys’, said about the book, “A husband reconstructs from notes and journals his wife’s descent into dementia, and the way he dealt with her long illness. His candid account helps professionals, doctors, clergy and administrators to understand with greater sensitivity the difficult emotions that caregivers face…”

Dr. Gettys said of his book “this is not an ordinary book but is a report on the tragic illness and experience of a gifted and dedicated wife, mother, Bible teacher and active Elder in the Presbyterian Church. In telling of my wife’s tragic story I have sought to feel her frustration and to share my own struggle in the whole experience.” He states in his book, “the caregiver is something like a runner in a marathon. As he or she moves toward the finish line...there is the desire for a strong finish. Yet the earlier parts of the race have often used up the resources of the runner. Even a strong will power may not be enough to carry the runner through to the finish. Somewhere along the race some have burned out. How does one outlast the illness? I hope to give faithful caregivers encouragement and renewed strength during the long and difficult period in which they serve in a hopeless task.”

This book is available on loan at the Indianapolis, Columbus and Ft. Wayne office locations.

An Evening of Wine & Roses

An Evening of Wine & Roses is a very special evening dedicated to Alzheimer’s disease and those individuals touched by the disease in this community. The evening consists of a wine tasting, silent auction, gift baskets, dinner, music & dancing! Last year with the support and efforts of our corporate sponsors and guests, An Evening of Wine & Roses raised $20,000 for the Alzheimer’s Association. In 2004, our goal is to raise $22,000 to benefit those affected by Alzheimer’s disease.

Saturday March 27th
6:00 pm

For more information contact Mary Ellen Wells, 812-372-3755

The Commons
Downtown Columbus
Support Groups

If someone you know and care about is suffering from Alzheimer’s disease or a related dementia, there is something you can do to help them and yourself. Plan to visit an Alzheimer’s Association Support Group this month. There is no cost or commitment to attend. You are encouraged to contact the group facilitator directly. If you have questions about support groups in general, please call the Helpline at 1-800-272-3900. NOTE: Professionals without an afflicted family member should call the facilitator prior to the meeting for permission to attend.

Adams County
Berne
1st Thursday, 7:00 p.m.
South Adams Senior Center
825 Hendricks St.
Derick Bailey—260-589-2127
Jody Huey—260-589-2127
Allen County
Fort Wayne
1st Monday, 1:30 p.m.
Turnstone Center
3320 N. Clinton St.
John Homrig—260-485-8226
Rosetta Curry—260-426-7887
Bonnie Funk—260-485-6171
New Haven
2nd Tuesday, 6:00 p.m.
Church of Christ
3800 Minnich Road
Carla Ellsworth—260-484-0308

Fort Wayne
2nd Thursday, 6:30 p.m.
Risen Savior Lutheran Church
8010 W. Jefferson Blvd.
Amy Stock—260-484-7622

Fort Wayne
3rd Thursday, 10:30 a.m.
1st Presbyterian Church
300 W. Jefferson St.
Phyllis Thompson—260-436-5546
Patricia Wilkins-Smith—260-456-7511

Fort Wayne
Last Thursday, 7:00 p.m.
Park Center
909 E. State Street
Audrey Irwin—1-800-272-3900

Bartholomew County
Columbus
2nd Monday, 11:30 a.m.
3rd Tuesday, 7:00 p.m.
Alzheimer's Association
1252 Washington St.
Mary Ellen Wells—812-372-3955
Janet Sharp—812-376-7688

Boone County
Lebanon
3rd Wednesday, 6:30 p.m.
Witham Hospital Community Room
2605 N. Lebanon St.
Stacy Moore—765-482-6400
Jennifer Bayles—317-442-8477

Brown County
Nashville
3rd Tuesday, 1:30 p.m.
Brown County Library
205 Locust Lane
Shirley Hoel—812-342-9678

Cass County
Logansport
3rd Tuesday, 6:30 p.m.
Bend in the Woods Apartment Complex
1701 Smith St.
Cindy Wagener—574-722-4451

Daviess County
Washington
3rd Tuesday, 7:00 p.m.
Emerald House
601 Bussard Road
Van Kavanough—812-254-5230

Delaware County
Muncie
2nd Monday, 6:00 p.m.
Community Center for Vital Aging
520 East Main
Shirley Lake—765-768-1909
Katie Lucas—765-289-3451

Fayette County
Connersville
2nd Wednesday, 6:00 p.m.
Connersville Public Library
828 N. Grand Ave.
Sharon Scheller—765-265-1317

Hamilton County
Carmel
4th Wednesday, 10:00 a.m
Prime Life Enrichment, Inc.
1078 Third Avenue SW
Mary Dotson—317-815-7000

Hancock County
Greenfield
Last Tuesday, 7:00 p.m.
Hancock Memorial Hospital
801 N. State St.
Sarah Evans—317-462-9701
Jeannie Crowe—317-468-4522

Hendricks County
Danville
4th Tuesday, 6:00 p.m.
Hendricks County Hospital
1000 East Main Street
Barbara Davis-Short—317-745-4215

Henry County
New Castle
Every other Thursday, 1:30 p.m.
First Christian Church
2000 Bundy Ave
Helen Dorn—765-529-4779
Natalie Morgan—765-521-3653

Howard County
Kokomo
1st Tuesday, 6:00 p.m.
Howard Regional Home Care
3522 S. Lafountain
Sue Flasche—765-453-8357
Karen Jarrett—765-452-5491

Jackson County
Seymour
4th Tuesday, 7:00 p.m.
Zion Lutheran Church
1501 Gaiser Dr.
Mary Ellen Wells—1-800-272-3900

Jennings County
North Vernon
2nd Tuesday, 6:00 p.m.
St. Vincent / Jennings County Hospital
Wengert Community Conference Room
301 Henry St.
Jan Tucker—812-346-2339
Mary Jo Thomas—812-346-7183

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Knox County
Vincennes
1st Monday, 7:00 p.m.
Vincennes City Hall, Conference Room
201 Vigo Street
Patricia & Larry Howerton--812-882-3207

Vincennes
2nd Tuesday, 4:00 p.m.
Central Church of Christ
1600 Forbes Road
Roger Wright--812-882-7963
Larry Howerton--812-882-3207

Lake County
Hobart
3rd Tuesday, 6:00 p.m.
St. Mary Medical Center
1500 South Lake Park Ave.
Betsy Hanafi--219-947-6346
Carol Shingler--219-947-6475

Madison County
Anderson
2nd Thursday, 9 a.m., 2 & 6 p.m.
Community Hospital Education Center
1923 N. Madison
Sandra Zentz--765-622-1147
Donna Hinderer--765-643-2734

Marion County
Indianapolis (East)
3rd Tuesday, 1:00 p.m.
Medical Office Building
1311 N. Arlington, Suite 112
Jackie Harris--317-357-5411

Indianapolis (North)
2nd Wednesday, 1:00 p.m.
Alzheimer’s Association
9135 N. Meridian St, Suite B-4
Mickey McNulty--317-846-4936

Indianapolis (Northeast)
2nd Thursday, 6:30 p.m.
Community Hospital North
Professional Building, Reilly Boardroom
7250 Clearview Parkway
Allison Akers--317-466-2020
Dawn McKay--317-594-9532

Indianapolis (South)
4th Tuesday, 7:00 p.m.
Community Hospital South
Cardiac Center, Conference Room A
1402 E. County Line Road
Susie Payne--317-356-3420
Heather Schuck--317-313-4316

Indianapolis (West)
4th Tuesday, 7:00 p.m.
Lakeview Village Apartments
1130 North Norfolk Street
Susie Jamerson--317-271-5318

Indianapolis Early Stage Group
Please call for further info on meeting time and location.
1-800-272-3900

Monroe County
Bloomington
1st & 3rd Thursday, 3:30 p.m.
BHHS Alzheimer’s Resource Center
619 West 1st Street.
Jody Curley--812-353-9299

Bloomington
1st Tuesday, 2:00 p.m.
Red Bud Hills Retirement Facilities
3211 E. Moores Pike
Heather Kinderthain--812-323-2858

Montgomery County
Crawfordsville
2nd Tuesday, 11:30 a.m.
St. Clare’s Hospital
1710 Lafayette Road
Randy Pickering, LCSW--765-364-8684
Kathy Olin--765-362-5114

Morgan County
Martinsville
2nd Tuesday, 7:00 p.m.
Center for Women’s Ministries
360 Sycamore Street
Carol Smile--765-342-3305
Linda Burt--765-349-0911

Porter County
Valparaiso
4th Tuesday, 6:00 p.m.
Porter Memorial Hospital
Education & Rehabilitation Center
1407 Calumet Ave.
Peter Carlson--219-462-6158
Judy Sipich--219-462-6158

Putnam County
Greencastle
3rd Thursday, 3:30 p.m.
Putnam County Hospital
1542 Bloomington Street
Sue Murray--765-653-5121

Rush County
Rushville
3rd Thursday, 7:00 p.m.
Rush Memorial Hospital
1300 N. Main Street, 2nd floor lobby
Mary Owens--765-932-2725
Charlie Stout--765-663-2324

Shelby County
Shelbyville
2nd Thursday, 7:00 p.m.
Walker House
2216 N. Riley Highway
Mary Owens--765-932-2725

Tippecanoe County
Lafayette
1st Thursday, 7:00 p.m.
1st Tuesday, 10:00 a.m.
Senior Center of Tippecanoe
Jenks Rest Building, Columbia Park
Jan Waltz--765-474-1253

Tipton County
Tipton
3rd Tuesday, 7:00 p.m.
Tipton County Public Library
127 East Madison
Sheila Raines--317-984-4552
Sandy Sigler--765-675-8791

Vigo County
Terre Haute
1st Wednesday, 10:00 a.m.
1st Thursday, 7:00 p.m.
McMillan Adult Day Services
486 1st Avenue
Margaret Scott--812-232-4627 (work)
812-235-9680 (home)

Wayne County
Richmond
Every Wednesday, 2:00 p.m.
First English Lutheran Church
2727E. Main Street
Deborah Gershman--765-939-7586

A new Indianapolis group will begin this spring. Contact the Helpline (1-800-272-3900) for more information.
Family Education Programs

For more information or to register for any of these family caregiver education programs call: toll-free at 1-800-272-3900 or register online at www.alzindiana.org. All programs are offered free of charge unless otherwise noted.

**Alzheimer’s Disease: Beginning to Cope**
This program provides the basic information all caregivers need. You will learn about the disease and its progression, effective caregiving tips, community resources and services available to you and the legal and financial concerns regarding the disease.

**Indianapolis**
- **Tuesday, February 17, 6:00 - 8:30 p.m.**
- **Tuesday, April 20, 6:00 - 8:30 p.m.**
  *Alzheimer’s Association, 9135 N. Meridian Street, Suite B-4*

**Lebanon**
- **Tuesday, March 9, 6:30 - 9:00 p.m.**
  *Witham Hospital, 2505 N. Lebanon St*

**Dealing with Grief: The Long Goodbye**
This workshop is for families, friends, and caregivers on dealing with the grieving process over time. Resources, helpful suggestions and personal assessment will be included in the workshop.

**Indianapolis**
- **Wednesday, February 18, 11:30 a.m. - 1:30 p.m.**
  *(Lunch provided)*
  *Alzheimer’s Association, 9135 N. Meridian Street, Suite B-4*

**Richmond**
- **Tuesday, April 27, 6:00 - 8:00 p.m.**
  *First English Lutheran Church, Social Ministry Room, 2727 E. Main St.*

**Legal and Financial Issues**
Understanding legal and financial issues will help you plan for immediate and future needs. This workshop features information on health care insurance, including Medicare, as well as advance directives such as power of attorney and a living will.

**Kokomo**
- **Monday, February 23, 6:00 - 8:00 p.m.**
  *Kokomo Senior Citizen Center, 721 W. Superior*
  *Speakers: James R. Butcher, Elder Law Attorney, Rick J. Dennis, CLTC, Long Term Care Certified*

**Linton**
- **Thursday, April 8, 4:00 - 5:30 p.m.**
  *(Part 3 of a 4 part monthly series)*
  *Greene County Hospital, State Road 54 East*

**Partnering with your Doctor**
Learn how working closely with your doctor can improve your health. This two-hour seminar will help patients and care partners: improve how you communicate with your doctor, help you get organized and prepared for doctor visits, reduce stress and ensure the best health care possible for patients.

**Columbus**
- **Wednesday, March 10, 1:00 - 3:00 p.m.**
  *Alzheimer’s Association, 1252 Washington Street*

**Anderson**
- **Wednesday, March 24, 6:00 - 8:00 p.m.**
  *Community Hospital Education Center, Madison Room, 1923 N. Madison Ave.*

**Kokomo**
- **Thursday, March 25, 6:00 - 8:00 p.m.**
  *Grace United Methodist Church, 219 W. Mulberry*

**Beginning the Journey**
This program provides the basic information all caregivers need. You will learn about the disease and its progression, effective caregiving tips, community resources and services available to you. Those attending will take home materials for future reference.

**New Castle**
- **Tuesday, April 6, 6:30 - 8:00 p.m.**
  *Henry County Memorial Hospital, Conference Rm. C, 1000 N. 16th Street*

**Winchester**
- **Tuesday, April 20 6:30 - 8:00 p.m.**
  *Randolph County Hospital, 473 Greenville Ave.*

**Adult Child Seminar**
This is a two part series for adult children of a parent with dementia. This program features information on caregiving, planning for the future and coping strategies. Learn about the disease, helping your loved one get the best care and resources to help your family.

**Indianapolis**
- **Monday, April 5th**
- **Monday, April 12th**
  *5:00 - 9:00 p.m. both evenings*
  *St. Luke’s United Methodist Church*
Family Education Programs (cont.)

**Caregivers Living with Anger and Grief**
Part two of a four part monthly caregiver education series.
**Bedford**
**Thursday, March 11, 4:00 - 5:30 p.m.**
Dunn Memorial Hospital, 1600 23rd St.

**Spousal Seminar**
This workshop is designed especially for spouses caring for a partner with dementia. Learn about caregiving techniques, planning for the future and coping strategies.
**Indianapolis**
**Monday, March 1, 9:00 a.m. - 3:00 p.m.**
St. Luke's United Methodist Church

**Family Caregiver Training**
Topics to be discussed include: the disease process, communication, managing challenging behaviors, safety, legal & ethical issues, long term care and handling caregiver stress. Space is limited.
**Columbus**
**Wednesday, April 14, 8:45 a.m. - 4:00 p.m.**
Alzheimer's Association, 1252 Washington St.

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**Professional Programs**

**Networking Breakfasts**
Networking Breakfasts provide professionals working in Alzheimer’s care the opportunity to meet informally and interact with other professionals working in the field.
**Lafayette** (call 1-317-575-9620 to register)
**Tuesday, February 24, 7:30 - 9:00 a.m.**
**Topic:** Behaviors and Environmental Issues
**Area 4 Agency on Aging, 660 N. 36th St.**

**Indianapolis** (call 1-317-575-9620 to register)
**Thursday, March 18, 7:30 - 9:00 a.m.**
**Topic:** Recruiting and Retaining Volunteers
**Alzheimer's Association, 9135 N. Meridian Street, Suite B-4**

**Anderson** (call 1-317-575-9620 to register)
**Tuesday, March 16, 7:30 - 9:00 a.m.**
**Topic:** Nutrition and the Alzheimer's patient
**Community Hospital Education Center, 1923 N. Madison Ave.**

**Columbus** (call 1-812-372-3755 to register)
**Wednesday, March 24, 7:30 - 9:00 a.m.**
**Topic:** Choosing Alzheimer's Disease Care
**Alzheimer's Association, 1252 Washington St.**

**Winchester** (call 1-317-575-9620 to register)
**Wednesday, March 31, 7:30 - 9:00 a.m.**
**Topic:** Overview of Alzheimer’s Disease
**Randolph County Hospital, 473 Greenville Ave.**

**Logansport** (call 1-317-575-9620 to register)
**Tuesday, April 20, 7:30 - 9:00 a.m.**
**Topic:** Challenging Behaviors and Medications
**Bend in the Woods, 1701 Smith St.**

**Bloomington** (call 1-812-372-3755 to register)
**Wednesday, April 21, 7:30 - 9:00 a.m.**
**Topic:** Affecting Challenging Behaviors
**Bloomington Hospital Psychiatric & Counseling Services, 445 Landmark Ave.**

**Dementia Trainings--$25.00**
Dementia specific training programs for personal care staff in nursing facilities and other health care settings.
**Bloomington** (call 1-812-372-3755 to register)
**Thursday, February 26, 8:45 a.m. - 5:00 p.m.**
**St. Mark's United Methodist Church, 100 N. State Road 46**

**Anderson** (call 1-317-575-9620 to register)
**Wednesday, March 3, 7:15 a.m. - 4:00 p.m.**
**Anderson University, Hartung Building, Rooms 274 and 275**

**Kokomo** (call 1-317-575-9620 to register)
**Thursday, March 4, 7:15 a.m. - 4:00 p.m.**
**Ivy Tech State College, 1815 E. Morgan, Alumni Hall**

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**Alzheimer's Disease Education**
**Train the Trainer Workshop**
**$250**

A two-day program designed to assist those who train staff in dementia care.

The goal of this training is to provide professional caregivers and health educators needed tools and knowledge to improve their skill levels and teach colleagues, family members and their community about Alzheimer's Disease and the caring process. A summary of adult teaching and learning principles and information about Alzheimer's disease and caregiving strategies are included.

**March 24-25, 2004**
**Fort Wayne, IN**
**May 18-19, 2004**
**Greenwood, IN**
Memorial Contributions received from September 30, 2003 to January 9, 2004

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Home Hospice Services Offer Best End-of-Life Care

The first nationwide study evaluating feelings about the quality of end-of-life care in institutional settings compared with death at home finds that relatives of individuals who died at home with hospice services are more likely to report a more favorable experience.

Relatives of those who died in hospitals or nursing homes were significantly more likely to feel that the dying person experienced unmet needs for pain control, emotional support, physician communication, and being treated with respect. These family members also were more likely to feel that they received inadequate information about what to expect while their relative was dying.

Results of this study, supported by a grant from the Robert Wood Johnson foundation, are reported in the Jan. 7, 2004, issue of JAMA, the Journal of the American Medical Association.

The researchers identified death certificates statistically representative of the 1.97 million U.S. deaths that occurred in 2000. Investigators then interviewed relatives or other close informants knowledgeable about the final care and quality of the dying experience for 1,578 of the deceased.

Of those whose relatives died at home with hospice services, 18 percent felt that their family member received insufficient help with pain control. That percentage climbed to 19 percent for those who died in the hospital, 32 percent for those who died in a nursing home, and 42 percent for those who died at home with home nursing services.

About one-third of those with hospice services perceived a need for more emotional support. That number edged over 50 percent for those in hospitals and nursing homes and reached 70 percent for those receiving home nursing care.

Of relatives whose family members died at home with hospice care, 4 percent felt that their relative was not always treated with respect. For those with a relative in a home nursing situation, 15 percent perceived inadequate respect; in a hospital, 20 percent; and in nursing homes, more than 30 percent felt inadequate respect was an issue.

The authors point out that “An overly simplistic reaction would be to place blame with the nursing home or hospital industry.” Both of these institutions have faced substantial limitations in federal funding in recent years and are caring for sicker individuals with fewer staff. Another complicating factor is that existing reimbursement incentives tend to favor invasive, aggressive interventions over comfort care. Still another is the difficulty of complying with the Medicare requirement that two doctors independently certify that a hospice services beneficiary is within six months of death, since accurately predicting life expectancy for diseases other than cancer is notoriously difficult. The authors call for a “…public health approach that uses sustained and multifaceted interventions to improve end-of-life care in the United States.”

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Mention “estate planning” and most people immediately think of wills and trusts, documents which often only plan for somebody’s death.

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1) “Who will take care of me when I am no longer able to take care of myself?” and

2) “Will I have enough money to last me the rest of my life?”

The Alzheimer’s Association deals with these issues daily, on a personal and intimate basis.

Many people are unaware that the tax laws are structured to encourage gifts to the Alzheimer’s Association and other charities. You may actually be able to save taxes, take care of personal concerns and leave a personal legacy which will also assist others.

For more information, please call Amy Kwas at 317-575-9620 and ask for our free brochure “Estate Planning Made Easy”.

Your Planning For Tomorrow Begins Today!
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Thanks to all of you who help us help those affected by Alzheimer’s disease. We couldn’t do it without your help!

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An Evening with David Shenk

author of “The Forgetting”

On Thursday, March 11 at 7 p.m., the Indianapolis Marion County Public Library, in collaboration with WFYI, the Alzheimer’s Association of Greater Indiana, The Center for Aging and Community at the University of Indianapolis and Forest Pharmaceuticals, will host author David Shenk at the Glendale Branch, located in Glendale Mall, 6101 N. Keystone Avenue, as the first program in the “Alzheimer’s: Community Conversations” series.

alzheimer’s association

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