

# Caregiver Assistance News

*“Caring for You - Caring for Others”*

**Area Agency on Aging District 7, Inc.**

*Serving Adams, Brown, Gallia, Highland, Jackson, Lawrence,  
Pike, Ross, Scioto and Vinton Counties in Ohio*

**www.aaa7.org** **Helping You Age Better!**



**NOVEMBER 2018**

## **Nutrition - Forgetting to Eat**

Older adults are more susceptible to malnutrition because the stomach empties more slowly in later years, and the sight, smell and taste that used to make eating so enjoyable are diminished. Additionally, factors such as poor mobility, dental health, trouble swallowing, money worries, chronic illness, and medication and mental health can contribute. To fight malnutrition, the first step is to find the root cause.



The ability of a person with Alzheimer’s disease (AD) to make good food choices, to use utensils correctly, to chew and swallow food, and to sit at the table changes over the course of the illness. People with AD need more and more help eating as time passes.

At all stages, mealtimes should be pleasant and can offer a social opportunity. They are a key time of the day. Allow plenty of time for each meal—a minimum of 30–45 minutes. In the early stage you may not need to do anything special when preparing food, but may need to help with choosing a healthy diet. People with Alzheimer’s can continue to eat without help for quite a while, but eventually they will begin to need help. People with dementia seem to have a sweet tooth. Ice cream and other treats can be used to encourage them to finish a meal or other activities. Place acceptable treats where they can be found easily and restricted items out of sight.

In the middle stage, people need help choosing appropriate food. On their own, they may eat only food that is not healthy or is unsuitable for any medical conditions they may have. You don’t want to become the food police and say “no” all the time, so keep items that are good for the person to eat readily available. When offering food, don’t clutter the plate. When necessary, cut food into bite-size pieces. If the person wants to eat with their fingers, offer finger food. Be aware that people in this stage may add too much salt or pepper to their food by mistake or put sugar rather than salt on a hamburger.

People may be easily distracted while eating, so keep the environment calm. Turn off the television. Put music on the radio rather than a talk show. Sometimes, toward the end of the middle stage, people enjoy being fed even though they may still be able to feed themselves. They may not want this help all the time. In the more severe stage, you will have to puree all the food and feed the person all the time. Be sure the person is sitting up straight enough so that they will not choke. In the very end stage, some people may want to drink from a bottle. This may be an effective way of feeding them.

## Eating Right on a Budget

Are you spending more than you realize on food and drinks that don't have nutritional value? Write down everything you buy and eat over a three-day period and evaluate the list. What had little or no nutritional value and was expensive, such as a daily drink from a coffee chain, sugared cereals, or soft drinks?

It is healthiest and cheapest to cook meals at home that include vegetables, protein and whole grains such as brown rice. These foods will save money and give you better health than eating at fast food restaurants.

Try the following resources:

- Look in the yellow pages for your regional food bank, which can provide free emergency food boxes.
- To find out if you're eligible for food stamps, visit the USDA Food and Nutrition Service website. It will direct you to phone numbers for each state for food stamps. It also offers a questionnaire to determine if you might be eligible.

Shopping and cooking tips to help you with your food budget:

- Buy in bulk, even if only cooking for two. Use freezer bags and separate meat in meal size portions. Defrost a portion for each meal.
- Make a large pot of soup or a casserole and freeze it in individual portions. Defrost and use for dinner throughout the week.
- You only need about four ounces of protein at a meal for a complete serving—the size of a deck of cards.
- Avoid buying any products with added sugar—cereals, drinks, juices, etc. as they are expensive and add empty calories.
- Beans are nutritious and inexpensive, and they go a long way.
- A box of oatmeal is more filling than sweetened cereal.



## *Memory Care* \_\_\_\_\_

Since people with Alzheimer's disease are easily distracted, if necessary, face their chair away from distractions. Soft music can help set a calm mood.



# TAKING CARE OF YOURSELF

## Breast Cancer Check-Up Reminder

Breast cancer will strike more than 200,000 times this year and claim more than 40,000 lives. The early detection of cancer saves lives; however, caregivers are prone to ignore caring for themselves because of a hectic schedule.



There are three parts to breast examination: self-examination, the physician examination, and mammography. To minimize your chances of breast cancer, you need all three. Most lumps in the breast are not cancer. The breast self-examination should be practiced regularly and is the most important. Practice self-care. Be sure to have a physician exam regularly and schedule your yearly mammogram.

*Source: American Cancer Society*

## Good to Note: Pacing

Be aware that people who pace a great deal use lots of calories and may need to have several snacks during the day to keep their weight up.



## Medicare Open Enrollment Ends December 7th

*The AAA7 is available for assistance and help!*

During Open Enrollment, you can:

- Make changes to the plans and providers you have chosen for your Medicare Part D prescription drug coverage and/or Medicare Advantage option.
- Run drug comparisons to make sure the Medicare Part D plan you are on is still your best option.

For some, these changes can only be made during Open Enrollment time (October 15th - December 7th).



**Call the AAA7 at 1-800-582-7277, ext. 250 for more information or assistance!**



**Area Agency on Aging District 7, Inc.**

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*Your local Area Agency on Aging District 7, Inc. serves the following counties in Ohio: Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton. Services are rendered on a non-discriminatory basis. Those interested in learning more about the services provided through the Area Agency on Aging District 7 can call toll-free at 1-800-582-7277. Here, individuals can talk directly with a trained Resource Specialist who will assist them with information surrounding the programs and services that are available to best serve their needs. The Agency can also be reached via e-mail at [info@aaa7.org](mailto:info@aaa7.org).*

## **Safety Tips - Living Alone**

In the early stage of Alzheimer's, people's eating habits usually do not change. When changes do occur, living alone may not be safe anymore. Look for these signs to see if living alone is no longer safe for the person with Alzheimer's:

- The person forgets to eat.
- Food has burned because it was left on the stove.
- The oven isn't turned off.

Other difficulties, such as not sitting down long enough for meals and refusing to eat, can arise in the middle and late stages of the disease. These changes can lead to poor nourishment, dehydration, abnormally low blood pressure, and other problems.

Caregivers should monitor the person's weight and eating habits to make sure they are not eating too little or too much. Other things to look for include appetite changes, the person's level of physical activity, and problems with chewing or swallowing. Talk with the person's doctor about changes in eating habits.

