

JAIME'S JOURNAL

Your home away from home!

Changes in the brain and body that affects safety in the home



We all need to feel safe, but for those living with memory loss it is particularly important. Depending on the stage of memory loss, the Alzheimer's Association has identified the following changes in the brain and body that may affect safety in the home.

- Judgment: forgetting how to use household appliances.
- Sense of time and place: getting lost on one's own street.
- Behavior: becoming easily confused, suspicious or fearful.
- Physical ability: having trouble with balance.
- Senses: experiencing changes in vision, hearing, sensitivity to temperature or depth perception.



Jaime's Adult Day Centers Celebrates Our Freedoms

July 4th is a day most Americans take time to pause and celebrate our armed forces and recognize the sacrifices that military personnel and their families make.

The members and staff at Jaime's Adult Day Centers took special measures to ensure the freedoms we live with every day and the importance of a safe nation is appreciated. Members enjoyed a cook-out and wrote letters of thanks to our military for distribution. If you would like to thank our military, letters can be sent to:

"A Million Thanks"

17853 Santiago Blvd, # 107-355f

Villa Park, CA 92861

Jaime's members staying active and engaged with Wii, strolls to our on-site pond, and even golf!



Most accidents in the home occur during daily activities such as eating, bathing and using the restroom.

Taking measures to improve safety can prevent injuries and help a person with dementia feel more relaxed, less overwhelmed and maintain his or her independence longer.

- Avoid serving food and beverages that are too hot. The person with dementia may not remember to check the temperature.
- Install walk-in showers.
- Add grab bars to the shower or tub and at the edge of the vanity to allow for independent and safe movement.
- Add textured stickers to slippery surfaces.
- Apply adhesives to keep throw rugs and carpeting in place, or remove rugs completely.
- Monitor the hot water temperature in the shower or bath. Consider installing an automatic thermometer.
- Pay special attention to garages, work rooms, basements and outside areas where there are more likely to be tools, chemicals, cleaning supplies and other items that may require supervision.

Meeting the Psychosocial Needs of People Living with Memory Loss Through Therapeutic Recreation and the Expressive Arts



Jaime's Adult Day Centers takes pride in offering outcome based programming and implementing best practices. By using a comprehensive Leisure Interest and Functional Ability Assessment, our recreation therapist develops an individualized recreation support plan with strategies to meet the psychosocial needs of each member.

What is Recreation Therapy?

Recreational therapy, also known as therapeutic recreation, is a systematic process that utilizes recreation and other activity-based interventions to address the assessed needs of individuals with illnesses and/or disabling conditions as a means to improving psychological and physical health, recovery and well-being. These services are provided by a nationally Certified Therapeutic Recreation Specialist.



Why Expressive Arts?

For some people living with dementia, verbal communication and expression can become challenging. Expressive therapies aren't arts and crafts classes, but a process for helping our members reach specific goals for self-expression, experience joy and improve their overall mood.

What outcome can be expected?

An expected outcome of expressive therapies for individuals with memory loss, dementia, or Alzheimer's is to maximize remaining abilities. We use music, movement, visual arts, storytelling, facilitated poetry and creative writing, improvisation drama groups, cooking, gardening, and Health Rhythms Drumming to assist in encourage self-expression and reducing anxiety. This is especially useful for those who are unable to express themselves verbally. All interventions are focused on creating a safe and joyful experience, reducing anxiety and depression and enhancing the quality of life.



Promoting independence for those living with dementia

Regardless of the task, there are ways to support independence with a person's participation in their own daily life.

By encouraging independence, the person's ability to function will increase, as well as their confidence. Strategies that can support or maintain independence in people with dementia can also lower the level of stress experienced by the caregiver.

- Encouraging physical activity and maintaining flexibility and strength helps individuals to continue their daily tasks longer. Encourage some form of physical activity on a daily basis, such as going for a walk around the neighborhood or doing some simple stretches.
- Identify the daily life skills that a person can still do on his/her own, even if it takes a little longer. For example, if the person is able to put on their shoes but cannot tie the laces, consider changing to slip-on shoes or ones with Velcro.
- Mealtime always presents opportunities to ask the person to help with a part of the task, such as washing vegetables or setting the table. Remember that some days are better than others. If the person has difficulty completing a particular task, perhaps they can try again on another day.
- Recognize and celebrate the things your loved one can still do.

“Caregiving often calls us to lean into love we didn’t know possible.” -Tia Walker

Caregiver's Corner

Tips to Reduce Wandering

- Provide opportunities for your loved one to engage in structured, meaningful activities throughout the day.
- Make sure the person gets exercise to reduce anxiety, agitation and restlessness.
- Place deadbolts either high or low on exterior doors to prevent night wandering.
- Ensure all basic needs are met, including toileting, nutrition and thirst.
- Involve the person in daily activities, such as folding laundry or preparing dinner.
- Reassure the person if he or she feels lost, abandoned or disoriented.
- If the person is still able to drive, consider using a GPS device to help if they get lost.
- If the person is no longer driving, remove access to car keys — a person with dementia may not just wander by foot. The person may forget that he or she can no longer drive.
- Do not leave coats or jackets in site as the person may perceive this as an invitation to “put on the coat” and go for a walk.
- Avoid busy places that are confusing and can cause disorientation, such as shopping malls.
- Do not leave someone with dementia unsupervised in new surroundings.
- Have a plan in place beforehand, so you know what to do in case of an emergency. The stress experienced by families and caregivers when a person with dementia wanders and becomes lost is significant.
- If a person with dementia becomes lost begin search efforts immediately. Ninety-four percent of people who wander are found within 1.5 miles of where they disappeared.