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**Older Adults and Alcohol** • April 05, 2016 • Issue #905

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

# An Interview with Debi Brooks

*Launched by actor Michael J. Fox and Debi Brooks in 2000, the Michael J. Fox Foundation for Parkinson's Research is dedicated to finding a cure for Parkinson's disease (PD) through an aggressively funded research agenda and to ensuring the development of improved therapies for those living with Parkinson's today.*

**Gary Barg:** Debi, you are the co-founder of the Michael J. Fox Foundation for Parkinson's Research. You have said that your ultimate goal is to put the foundation out of business by finding a cure. Where is the science now on Parkinson's research? ...[more](#)

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## FEATURED ARTICLE

# Palliative Care Offers Relief to Both Caregiver and Loved One

*By Jude Roberts, Staff Writer*

The word palliative means to “lessen the severity of without curing; to alleviate.” This type of care is considered to be a form of pain management, also referred to as supportive care, given throughout all stages of cancer or other life-threatening diseases. For example, a person who is receiving cancer treatment may experience nausea and vomiting as a side effect. Treating the symptoms of nausea and vomiting throughout chemo or radiation is considered to be palliative care, easing the symptoms and side effects, but not providing an actual cure for the disease. Aside from easing physical pain, one of the primary goals of palliative care is to help improve the quality-of-life for a loved one and their family. By trying to incorporate the total person in meeting their social, emotional and spiritual needs, palliative care is meant to be a relief of symptoms, rather than a cure. [...more](#)

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## GUEST ARTICLE

# I Am a SNACCER: Special Needs Adult Child Caregiver

*By Valerie Herskowitz, MA CCC-SLP*

As the autism epidemic climbs to an all-time high of one out of every 88 individuals, a new breed of parent will emerge as the years fly by. The next decade will become known as the age of the parent caregiver. Presently, we are just on the tip of the iceberg. Those of us whose children were born towards the beginning of the epidemic, in the late 80s early 90s, are already there. Over the last several years, the promise of new intervention strategies, both therapeutic and biomedical, held the hope that many children would conquer this previously thought lifelong condition. And thankfully, many children did benefit from these strategies. However, there is a big difference between improvement and cure. And the result is that most children with autism will need some sort of support system their entire lives. [...more](#)

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## CARETIPS

### Older Adults and Alcohol

A national 2008 survey found that about 40 percent of adults ages 65 and older drink alcohol. Older adults can experience a variety of problems from drinking alcohol, especially those who:

- Take certain medications
- Have health problems
- Drink heavily

There are special considerations facing older adults who drink, including: ...  
[more](#)

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## CARENOTES

### From Stella:

I recently brought my Mom back with me from Kansas where she lived with my brother and his wife. She's 89 and does well when she wants too. She does have Dementia and its starting to take its toll. I work and give her all my attention as I feel that's what a daughter is supposed to do. I find myself with no me time and my friends say that is so wrong. But my Mom is my world right now. She's all that matters to me. Am I wrong or doing this wrong...Help me :( Need some advice ...[more](#)

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