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**To:** Kester, Tonykester@aging.sc.gov  
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**Subject:** 5 tips on delaying mental decline; Dementia or selective memory

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## THE CAREGIVERS' NEWSLETTER

*Connecting Caregivers to Answers and Support*

### News And Articles

#### 5 Helpful Caregiver Tips for Delaying Mental Decline

Today is World Alzheimer's Day, and while focusing on spreading awareness of how the disease affects others is important, today is also an excellent opportunity for implementing some strategies that will help you and your loved one stay sharp. [Read More »](#)

#### Why Size Matters When Choosing the Right Memory Care Community

One size does not fit all, and there are several considerations to take into account. See what important things you should look for when touring facilities that provide dementia care. [Read More »](#)

#### The Stress-Management Strategy Caregivers Should Adopt

Whether you're caring for someone who has dementia or a combination of other chronic conditions, the stress of the situation can build very quickly. Use these fast-acting stress relief techniques to prevent your emotions from boiling over. [See More »](#)

#### Dementia and Selective Memory

One of our bloggers questions how a simple conversation from only a few minutes ago can be forgotten instantly while names and information from 50 years ago remain intact in a dementia patient's memory. Is the disease blame, or do they pick and choose what to remember? [Read More »](#)

### Unforgettable Memorials

Memorial planning made easy. A final tribute should be as unique as the individual.

[Get your free guide →](#)

### Questions and Discussions From Caregivers

**Q:** If my dad is still competent and of sound mind, does he have the final say on a DNR or nursing home?

My mother is at end of life but my sister does not want the DNR but my father does.

**Q:** How do I convince Mom to move to assisted living and give up the dog?

We're all really afraid that if Mom has to give up the dog, it will send her into severe dementia.

**Q: Hearing aid recommendation for person with dementia?**

She would benefit by hearing aids but we fear she will lose them quickly.

**Q: Is there a specific time for sundowner symptoms to appear?**

Every night is the same, however Friday & Saturday nights it is 3x worse.

## Considering Hospice Care?

Learn about the care hospice provides, discussing end-of-life with family and how to pay for hospice care.

[Get your Guide →](#)

## Products And Services From Our Partners

Below are supporters of AgingCare.com that may be of value to you and your family.

### [Get Pricing on Senior Housing Options](#)

Learn about the different types of senior housing with current market information on services and costs.

### [Get your FREE Funeral Planning Guide](#)

A final tribute should be as unique as the individual. Make your service one to remember.

### [Find Out if You Qualify for Help Paying for Care](#)

A life insurance policy can be converted into a long-term care benefit account to pay for the cost of senior care directly each month.

### [Get a Medical Alert System](#)

Don't wait for an emergency! Medical Guardian is the Trusted Medical Alert System. Make the decision that provides confidence, security and safety.

### [What You Should Know About Hospice](#)

VITAS hospice helps manage care transitions from hospital to home. 100% covered by Medicare, Medicaid and most insurance.

### [Get Your FREE Veterans Benefits Guide](#)

Learn how to find, use and manage VA benefits for veterans and their family caregivers, dependents and survivors.

### [Find, Hire and Manage Home Care](#)

Get connected and speak with home care agencies. They will work with you to create a care plan and find the right caregiver for your loved one.

### [Get Your Complimentary Caregiving Guides Now](#)

Become an empowered and educated caregiver.

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