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**Dementia and Incontinence Treatment** • October 20, 2016 • Issue #960

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

### **This Fall - No Falls**

According to the Centers for Disease Control, more than one third of adults 65 and older fall each year in the United States and among older adults, falls are the leading cause of injury deaths. Falls are cited as the most common cause of nonfatal injuries and hospital admissions. They are also one of the main reasons for long term care placements and if your loved one falls and needs placement to recover, the chances are good that they will never return to their home. [...more](#)

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## FEATURED ARTICLE

# Dementia and Incontinence Treatment

*By Sandra Ray, Staff Writer*

Dementia is a devastating disease that affects approximately 24 million people worldwide; its most common form, Alzheimer's disease, affects more than 4.5 million people in the U.S. according to the Alzheimer's Association. The disease slowly robs individuals of their memory, cognitive functioning, and eventually renders the person almost completely dependent upon others for their daily care. Though the causes are not completely understood, caregivers feel the strain of the disease daily as they help those affected with dementia to navigate the simplest of tasks such as getting dressed or eating meals. [...more](#)

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## GUEST ARTICLE

# The Roller Coaster of Caregiving

*By Jane Cassily Knapp, RN, LCSWC*

The decisions to become a caregiver are usually made in crisis situations. We rarely have time to consider the ramifications of these decisions nor do we really fully understand that there are any ramifications. What could be so difficult about caring for someone we love? [...more](#)

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## CARETIPS

# The Male Perspective: Caregiver Burnout

*By Judd Lewis Parsons*

Your wife has just been diagnosed with breast cancer.

Welcome to one of the hardest experiences you and your wife will ever go through. Nothing can truly prepare you for this. But, if you and your wife face this with the right attitude, it can become (as incredible as this may sound) one of the most rewarding experiences you will ever share. [...more](#)

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CAREVERSE

## **i hide**

*By Mary Jane Nordgren*

i hide  
at first in guilt  
taking something for myself  
when his needs were  
so much greater

i tremble  
watching him stumble  
seeing his frustration  
hearing his fear  
at each new loss of self

i ache  
wanting to help  
wanting to be more  
for him  
for me

i pray  
for him to accept  
the humiliation  
the dying of each part  
of himself

i weep  
guilty of frustration  
of lashing out, drained  
unable to heal him  
or me

i hide  
to sleep through the night  
to peer at the ocean  
to listen to the wind's song  
to re-know joy

Enjoy more caregiver poems  
or share one of your own

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