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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](#)

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](#)

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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CAREVERSES

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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