

From: AgingCare Newsletter <newsletter@agingcare.com>

To: Kester, Tonykester@aging.sc.gov

Date: 9/24/2016 6:02:01 AM

Subject: How to safely pick a senior up after a fall; Falling apart at the seams

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## THE CAREGIVERS' NEWSLETTER

*Connecting Caregivers to Answers and Support*

### News And Articles

#### Anosognosia and Dementia: Top Tips from Caregivers

The forgetfulness that comes with dementia is difficult to handle, but this symptom can be compounded further when a loved one does not even realize they are cognitively impaired. Explore the insights and advice that fellow caregivers have to share on this complex topic. [Read More](#)

#### How to Safely Pick a Loved One (or Yourself) Up After a Fall

Don't begin autumn with a broken hip or an injured back. Knowing how to prevent falls is one thing, but if one does occur, use these guidelines to get your loved one back on their feet without causing additional injury to them or yourself. [Read More](#)

#### Moving Into a Nursing Home: A Checklist

This comprehensive list explains a nursing home resident's rights, addresses important questions to ask the facility, and provides tips on how to best anticipate and prepare for a loved one's needs. [Read More](#)

#### Falling Apart at the Seams

Have you been refusing to admit that your health is declining? One of our bloggers shares her personal experience with reluctantly acknowledging her dulled senses and creaky joints. [Read More](#)

### The "Get Help if You Fall" Medical Alert System

Finally, peace of mind with Medical Guardian. Don't wait for an emergency, call today (800) 951-7993. Operators available 24/7.

[Learn more →](#)

### Questions and Discussions From Caregivers

**Q: Time for a nursing home for Dad but he's going to flip out. Any tips?**

The doctor at the hospital said he thought it was time we seriously consider a nursing home for him where he can get around the clock care.

**Q: How to deal with short-term memory loss?**

She'll call me back five minutes later to ask me again. And then 5 minutes after that. It's driving me crazy.

**Q: What's next? I feel bad getting angry but it hurts to see my mom just lay in a hospital bed all day.**

I feel very overwhelmed, sad and even mad at times. I so badly want to have my own life.

**Q: Has anyone tried hypnosis for their family member with Alzheimer's?**

I just wonder if this is worth attempting to possibly help with some of the anxiety or areas of hyperfocus.

## You Don't Have to be a Nurse to be a Great Caregiver

Provide the best care with products nurses trust. Find rinse-free bathing, incontinence care, pressure ulcer and oral care products.

[See all products →](#)

## 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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AgingCare.com | 9015 Strada Stell Court, Suite 203 | Naples, FL 34109