

From: AgingCare Newsletter <newsletter@agingcare.com>
To: Kester, Tonykester@aging.sc.gov
Date: 3/26/2016 6:02:29 AM
Subject: Palliative care vs hospice; Do people need less sleep as they age?

THE CAREGIVERS' NEWSLETTER

Connecting Caregivers to Answers and Support

News And Articles

[Visual Cues: Why They Matter for People Living with Dementia](#)

Learn how visual cues can help dementia patients follow directions and retain some independence. [Read More »](#)

[Palliative Care: What Is It and How Is It Different from Hospice?](#)

Hospice care is palliative care, but palliative care is not hospice. Find out what the differences are. You may be surprised by what palliative care can do for you. [Read More »](#)

[Creating a Care Plan: Tips from Family Caregivers](#)

We asked seasoned members to share the fundamental aspects of their care plans in order to provide inspiration for other family caregivers. See if any of their tips may fit your needs. [Read More »](#)

[Do People Need Less Sleep As They Age?](#)

Many people believe that poor sleep is a normal part of aging, but it is not. Discover why sleep patterns change as we get older and a few simple tips for getting better quality rest. [Read More »](#)

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Questions and Discussions From Caregivers

Q: Making the do not resuscitate decision for my Dad?

Daddy didn't make any advanced directives when he was of sound mind, and I'm left with the burden of deciding whether we should keep him alive

Q: How do others deal with refusal to shower or bathe?

Any attempts to persuade him to shower cause aggression and abuse so I have now stopped trying.

Q: Dentures or natural teeth?

My grandmother said that she loved dentures because she could eat ice cream without pain.

Q: My husband says he might have to quit his job and move in with his mom?

It is all about her. She feels she provided care for others when she was younger, and now it is her turn.

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