

**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?

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## 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 »](#)

#### [Unforgettable Memorials](#)

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

[Request your FREE Personal Planning Guide today](#)

### 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.

#### Need 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. No fees or obligations to apply. [Click here to see if you qualify.](#)

## Products And Services From Our Partners

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

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A final tribute should be as unique as the Individual. Make your service one to remember. [Request your FREE Personal Planning Guide](#) >

#### Need 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. [See if you qualify](#) >

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Don't wait until an emergency happens to think about protecting your loved one. Make the decision that provides confidence, security and safety. [Request a free brochure](#) >

#### Get Pricing on Senior Living Options

A senior living advisor can answer your questions and help you determine the right senior living options for your loved one based on your unique situation. [Get pricing today](#) >

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VITAS hospice helps manage care transitions from hospital to home. 100% covered by Medicare, Medicaid and most insurance. [Visit Vitas to learn more](#) >

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Learn how to find, use and manage veteran benefits for a veterans, their family caregivers, dependents and their survivors. [Get Your FREE Veterans Guide](#) >

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Get connected and speak with home care agencies. They will work with you in creating a care plan and finding the right caregiver for your loved one. [Begin your search](#) >

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