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**How to Manage: Alzheimer's and Incontinence** • August 6, 2015 • Issue #836

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

### **This Swingin' Summer**

Now that the summer is in full swing, it is time to consider how to give a break to the most important person in your loved one's life – you. Turn to the caregiver sitting next to you in the doctor's waiting room and ask what they are doing to take some time for themselves. [...more](#)

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#### FEATURED ARTICLE

## Advice for the ALS Caregiver

*By: Jennifer Bradley, Staff Writer*

Cynthia Knoche is the director of Chapter Care Services for the ALS Association. She says caregivers face both emotional and physical challenges when caring for a loved one who has been diagnosed with an illness with no significant treatment or cure. "It can be devastating for the person diagnosed and their loved ones; however, many tools, techniques and therapies are available to maintain quality of life," Knoche says. [...more](#)

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#### GUEST ARTICLE

## Alzheimer's And Incontinence: A Puzzling Combination

*By Daniel L. Paris, MSW*

Just when you thought it couldn't get any worse, your loved one with Alzheimer's develops incontinence. What do you do now? The following letter and its answer may help with this puzzling combination.

Q) My mother has had Alzheimer's for probably 8 years. She has just begun having accidents in her bed and clothes. My father has briefs for her, but we are wondering about a simple way to get her to wear them. Perhaps you have some suggestions. [...more](#)

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## CARETIPS

### Spotting Problems at the Wheel

Here are some signs that an older person may be having problems driving

- drifting out of lane
- getting lost in familiar places
- having trouble moving the foot between the gas and the brake pedals, or confusing the two

[...more](#)

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## CAREVERSES

### Home Before Dark

*By Marky Olson*

I knew my parents would age... someday.  
Emily Dickinson told me "Because I could not stop for death/  
he kindly stopped for me..."  
But living it overwhelms knowing it.  
I knew I would parent my parents.  
But overturning the hourglass of sand  
means knowing each grain as it falls.  
e e cummings said "i carry you in my heart."  
Letting go of a parent one grain at a time  
is like living life in reverse is what I say.  
Profound strength helped me carry them...  
Seven years of letting the grains go from my heart.  
I managed to put out most of the fires,  
which kept me from sitting and holding my mother's hand.

[...more](#)

*Excerpted from Caregiving for Your Elderly Parents*

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