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**The Cost of Dementia** • October 29, 2015 • Issue #860

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

### Trick or Treat?

Halloween is more than a night when little goblins and ghosties ring our doorbells looking for goodies; it also signifies the start of the holiday travel season. Many of us will be traveling with the loved ones for whom we care, or will have relatives visit us in our homes over the next two months. These visitations can either represent a ghoulishly frightening experience or they can be a real pleasure. ...[more](#)

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#### FEATURED ARTICLE

## Health Care Costs for Dementia Found Greater Than for any Other Disease

In the last five years of life, total health care spending for people with dementia was more than a quarter-million dollars per person, some 57 percent greater than costs associated with death from other diseases, including cancer and heart disease. The new analysis, appearing in the Oct. 27, 2015, online issue of the Annals of Internal Medicine, estimates that total health care spending was \$287,000 for those with probable dementia and \$183,000 for other Medicare beneficiaries in the study. [...more](#)

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#### GUEST ARTICLE

## Long Distance Caring

*by Emily Carton*

It is not uncommon for families to be separated by great distances. But what happens when one or both parents reach a stage in their lives where they appear to be frail and vulnerable? What can you do to keep from living with an enormous amount of guilt and worry or feeling that to help means sacrificing your own life? [...more](#)

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#### CARETIPS

## Alleviating Bed Sores Can Be Done

*By Marie Santangelo, Staff Writer*

Pressure sores are also known as decubitus ulcers and occur in patients who have little or no mobility allowing them to change positions and relieve the pressure on the body. Sores can develop over time and may be diagnosed in “grades” of progression. Prevention is the best method of dealing with anything that compromises our health, but bedsores can be alleviated efficiently when they are addressed in early stages. [...more](#)

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CAREVERSES

## **Caregiver Spirit**

*By Carrie Laks, MSW*

It hits me hard  
As I plow along  
Like a robot  
Feels like I go it alone

The days and nights  
Blend into one another  
A faint glimpse of joy  
Eludes like wind blows a feather

Thanks for sharing the journey  
The young and the old  
Find refuge and safety  
Confidences safe that are told

There is strength in numbers  
A trust and a bond  
A safe place  
People with whom I feel one

I spot the rainbow  
Small steps I make  
With those at my side  
The light glows

Capturing the light  
... Impenetrable  
Carrying the torch  
I now remember

Starting as a mere glimpse  
A promise unfolding  
Now the flame is within me

Beauty to share radiantly shines  
... The spirit of humankind

Enjoy more caregiver poems  
or share one of your own

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